

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

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

breakingnewsenglish.com/book.html

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

www.freeeslmaterials.com/sean_banville_lessons.html

Level 5 – 23rd February, 2019

Big breakfasts help us burn double the calories

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2002/200223-big-breakfast-5.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 4 and 6. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-5.html>

There is a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for people wanting to shed a few kilos. Researchers conducted a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast the next day. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT) - the generation of body heat to burn calories. This happened even when the total calories consumed in one day was the same.

A big breakfast led to 2.5 times higher rates of DIT. A researcher said the study showed that a big breakfast, regardless of the amount of calories it has, creates twice as much DIT as the same meal eaten for dinner. She said this, "underlines the value of eating enough at breakfast". She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Sources: <https://www.healthline.com/health-news/a-big-breakfast-may-help-you-burn-double-the-calories#The-bottom-line>
<https://metro.co.uk/2020/02/20/eating-big-breakfast-helps-burn-double-calories-says-study-12270475/?ito=cbshare>
<https://medicalxpress.com/news/2020-02-people-big-breakfast-calories.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-5.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|----------------------|
| 1. There is a highly popular | a. calorie breakfast |
| 2. the biggest diet | b. a study |
| 3. shed | c. heat |
| 4. Researchers conducted | d. fad ever |
| 5. affected the body's | e. smaller dinner |
| 6. ate a low- | f. new way |
| 7. Eating a bigger breakfast and | g. metabolism |
| 8. body | h. a few kilos |

PARAGRAPH TWO:

- | | |
|----------------------|------------------|
| 1. 2.5 times higher | a. breakfast |
| 2. regardless | b. diseases |
| 3. creates twice as | c. sugar |
| 4. Eating more at | d. of the amount |
| 5. high blood | e. weight |
| 6. patients with | f. much DIT |
| 7. reduce body | g. obesity |
| 8. prevent metabolic | h. rates of DIT |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-5.html>

There is a highly popular (1) _____ lose weight - eat a big breakfast. It could become the biggest (2) _____ for people wanting to shed a few kilos. Researchers (3) _____ on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, (4) _____ with a high-calorie breakfast the next day. Eating a bigger breakfast and (5) _____ diet-induced thermogenesis (DIT) - the generation of body heat to burn calories. This happened even when the total calories (6) _____ day was the same.

A big breakfast led to 2.5 (7) _____ of DIT. A researcher said the study showed that a big breakfast, (8) _____ amount of calories it has, creates twice as much DIT as the same meal eaten for dinner. She said this, "(9) _____ of eating enough at breakfast". She added: "Eating more at breakfast instead of dinner could prevent obesity and (10) _____. We recommend that patients with (11) _____ as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-5.html>

There is a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for people wanting to shed a few kilos. Researchers conducted a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast the next day. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT) - the generation of body heat to burn calories. This happened even when the total calories consumed in one day was the same. A big breakfast led to 2.5 times higher rates of DIT. As researchers said, the study showed that a big breakfast, regardless of the amount of calories it has, creates twice as much DIT as the same meal eaten for dinner. She said this, "underline the value of eating enough at breakfast". She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

BREAKFAST SURVEY

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

Write five GOOD questions about breakfast 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) _____

Big breakfasts help us burn double the calories – 23rd February, 2019
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

