

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 6 – 23rd February, 2020

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.html>

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

Please try Levels 4 and 5 (they are easier).

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE ARTICLE

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

Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it 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>

WARM-UPS

1. BREAKFAST: Students walk around the class and talk to other students about breakfast. 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?

researchers / popular / lose weight / diet / fad / metabolism / breakfast / calories / investigation / results / dinner / significant / obesity / eating / blood sugar / healthy

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

3. MOST IMPORTANT MEAL: Students A **strongly** believe breakfast is the most important meal of the day; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. WEIGHT: What do you think of these ways of losing weight? What are the good and bad things about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What You Think	Good Things	Bad Things
Exercise			
Being vegetarian			
Fasting			
Big breakfasts			
No sugary food			
Sleep well			

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

6. DIETS: Rank these with your partner. Put the best diets at the top. Change partners often and share your rankings.

- Fruit diet
- Vegan diet
- Vegetarian diet
- Mediterranean diet
- Low-carb diet
- Low-fat diet
- Fasting diet
- Liquid diet

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. revealed | a. An intense and widely shared enthusiasm for something, especially one that is short-lived and without basis in its qualities. |
| 2. fad | b. Of food: healthy and in a larger amount. |
| 3. shed | c. Ate, drank or used. |
| 4. hearty | d. Lose something, like weight. |
| 5. metabolism | e. Helped or encouraged something to increase or improve. |
| 6. boosted | f. Made previously unknown or secret information known to others. |
| 7. consumed | g. The chemical processes that happen inside a living organism in order to maintain life. |

Paragraph 2

- | | |
|-----------------|---|
| 8. rate | h. A conclusion reached as a result of an inquiry, investigation, research or trial. |
| 9. findings | i. Without considering or paying attention to the present situation. |
| 10. regardless | j. Stop from happening. |
| 11. underline | k. The condition of being very, very fat or overweight. |
| 12. obesity | l. Emphasize something; show that something is important. |
| 13. significant | m. A measure, quantity, or frequency - usually one measured against some other quantity or measure. |
| 14. prevent | n. Sufficiently great or important to be worthy of attention. |

BEFORE READING / LISTENING

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

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

- a. Eating a big breakfast could be a highly popular way of losing weight. **T / F**
- b. The article said a shed is the best place to lose a few kilos. **T / F**
- c. Researchers looked at how meals affected the metabolism of 160 men. **T / F**
- d. DIT is where the body generates heat to burn up calories. **T / F**
- e. Breakfast DIT rates are 2.5 times higher than those for other meals. **T / F**
- f. Researchers underlined the value of having enough to eat for breakfast. **T / F**
- g. The article said a big breakfast could lead to high blood sugar. **T / F**
- h. A big breakfast could help to reduce metabolic diseases. **T / F**

2. SYNONYM MATCH:

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

- | | |
|-----------------------|-----------------|
| 1. revealed | a. serious |
| 2. fad | b. lose |
| 3. shed | c. production |
| 4. experiment | d. craze |
| 5. generation | e. disregarding |
| 6. findings | f. eaten |
| 7. regardless | g. disclosed |
| 8. consumed | h. avert |
| 9. significant | i. test |
| 10. prevent | j. conclusion |

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

- | | |
|---|-------------------------------|
| 1. a highly popular new way | a. burns up calories |
| 2. It could become the biggest diet | b. it contains |
| 3. boosted a process called | c. metabolic diseases |
| 4. heat in the body that | d. of eating enough |
| 5. the total calories consumed | e. to lose weight |
| 6. Richter spoke about the findings | f. blood sugar |
| 7. regardless of the amount of calories | g. diet-induced thermogenesis |
| 8. it underlines the value | h. throughout the day |
| 9. prevent obesity and high | i. of her investigation |
| 10. reduce body weight and prevent | j. fad ever |

GAP FILL

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

Researchers have (1) _____ what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet (2) _____ ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a (3) _____ breakfast affected the body's metabolism in a (4) _____ experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and (5) _____ this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner (6) _____ a process called diet-induced thermogenesis (DIT). This is the (7) _____ of heat in the body that burns up calories. This happened even when the total calories (8) _____ throughout the day remained the same.

hearty
boosted
fad
reversed
consumed
revealed
generation
laboratory

Eating a big breakfast led to 2.5 times higher (9) _____ of DIT. Researcher Dr Juliane Richter spoke about the (10) _____ of her investigation. She said: "Our results show a meal eaten for breakfast, (11) _____ of the amount of calories it contains, creates twice as high DIT as the same meal (12) _____ for dinner. This finding is significant for all people as it (13) _____ the value of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could prevent (14) _____ and high blood sugar. We recommend that (15) _____ with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent (16) _____ diseases."

regardless
obesity
consumed
metabolic
rates
findings
patients
underlines

LISTENING – Guess the answers. Listen to check.

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

- 1) Researchers have revealed what might be a highly _____
 - a. popular new wave
 - b. popular new weigh
 - c. popular new ways
 - d. popular new way
- 2) It could become the biggest _____
 - a. diet fad ever
 - b. diet fat ever
 - c. diet fate ever
 - d. diet for ever
- 3) Scientists in Germany conducted a study on how _____
 - a. a hearty breakfast
 - b. a heart tea breakfast
 - c. aha tea breakfast
 - d. a hearth tea breakfast
- 4) Eating a larger breakfast and a smaller dinner _____
 - a. boost it a process
 - b. boosted a process
 - c. boasted a process
 - d. basted a process
- 5) This happened even when the total calories consumed throughout the day _____
 - a. remains the same
 - b. remained the same
 - c. remain the same
 - d. rim main the same
- 6) Eating a big breakfast led to 2.5 times _____ DIT
 - a. higher rates of
 - b. higher lates of
 - c. higher raids of
 - d. higher lattes of
- 7) Our results show a meal eaten for breakfast, _____ amount
 - a. regard list of the
 - b. regard lessen of the
 - c. regardless of the
 - d. rig guard less of the
- 8) This finding is significant for all people as it underlines _____
 - a. the value
 - b. the valve
 - c. the valued
 - d. the valor
- 9) Eating more at breakfast instead of dinner _____
 - a. could prevent O.B city
 - b. could prevent obese city
 - c. could prevents obesity
 - d. could prevent obesity
- 10) rather than a large dinner to reduce body weight and prevent _____
 - a. metabolism diseases
 - b. metabolic diseases
 - c. meta Gallic diseases
 - d. meta bulk diseases

LISTENING – Listen and fill in the gaps

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

Researchers have revealed what might be a (1) _____ way to lose weight - eat a big breakfast. It could become the biggest (2) _____ for those wishing to shed a few kilos. Scientists in Germany conducted a study on (3) _____ breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, (4) _____ with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner (5) _____ called diet-induced thermogenesis (DIT). This is the generation of heat in the body that (6) _____. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about (7) _____ her investigation. She said: "Our results show a meal eaten for breakfast, (8) _____ amount of calories it contains, creates twice as high DIT as the same (9) _____ dinner. This finding is significant for all people as it (10) _____ of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could (11) _____ 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 (12) _____."

COMPREHENSION QUESTIONS

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

1. How popular did the article say eating a big breakfast might be?
2. What did the article say people might want to shed?
3. How many men took part in the experiment?
4. What kind of dinner did the men eat after having a big breakfast?
5. What does the process of DIT help to burn in the body?
6. Who is Juliane Richter?
7. What does the research underline the value of?
8. What does a big breakfast produce double the rate of DIT than?
9. What patients could eating a big breakfast help?
10. What diseases could eating a big breakfast help to prevent?

MULTIPLE CHOICE - QUIZ

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

- 1) How popular did the article say eating a big breakfast might be?
 - a) fairly popular
 - b) highly popular
 - c) pretty popular
 - d) somewhat popular
- 2) What did the article say people might want to shed?
 - a) some light
 - b) skin
 - c) stomach fat
 - d) a few kilos
- 3) How many men took part in the experiment?
 - a) 16
 - b) 18
 - c) 14
 - d) 12
- 4) What kind of dinner did the men eat after having a big breakfast?
 - a) a Big Mac meal
 - b) a vegan meal
 - c) a low-calorie dinner
 - d) vegetarian pizza
- 5) What does the process of DIT help to burn in the body?
 - a) fat
 - b) calories
 - c) muscle
 - d) blood sugar
- 6) Who is Juliane Richter?
 - a) a patient
 - b) a test participant
 - c) a researcher
 - d) a writer
- 7) What does the research underline the value of?
 - a) metabolic diseases
 - b) diet-induced thermogenesis
 - c) high blood sugar
 - d) eating enough for breakfast
- 8) What does a big breakfast produce double the rate of DIT than?
 - a) same sized dinners
 - b) diet-induced thermogenesis
 - c) high blood sugar
 - d) vegetarian pizzas
- 9) What patients could eating a big breakfast help?
 - a) obesity patients
 - b) long-term patients
 - c) outpatients
 - d) very ill patients
- 10) What diseases could eating a big breakfast help to prevent?
 - a) contagious diseases
 - b) metabolic diseases
 - c) infectious diseases
 - d) viral diseases

ROLE PLAY

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

Role A – Fruit Diet

You think a fruit diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, low-carb diet or liquid diet.

Role B – Vegan Diet

You think a vegan diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): fruit diet, low-carb diet or liquid diet.

Role C – Low-Carb Diet

You think a low-carb diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, fruit diet or liquid diet.

Role D – Liquid Diet

You think a liquid diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, low-carb diet or fruit diet.

AFTER READING / LISTENING

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

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

breakfast	weight

- 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">• highly• ever• affected• boosted• burns• total	<ul style="list-style-type: none">• rates• eaten• high• enough• blood• body
--	--

BREAKFAST SURVEY

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

BREAKFAST 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 'breakfast'?
3. What do you think of your weight?
4. How important is a big breakfast?
5. Have you ever been on a diet?
6. Is a big breakfast or big dinner better?
7. What is the best breakfast?
8. Do you worry about the number of calories you consume?
9. Should we eat what we want to and be happy?
10. Why are high-calorie foods so tasty?

Big breakfasts help us burn double the calories – 23rd February, 2020
Thousands more free lessons at breakingnewsenglish.com

BREAKFAST 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 'calories'?
13. What do you think about what you read?
14. Is it better to diet or exercise to lose weight?
15. Has what you eat for breakfast changed over the years?
16. Why is obesity such a problem these days?
17. Why is it that a big breakfast is better than a big dinner?
18. What do you know about metabolic diseases?
19. What do you know about breakfasts around the world?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

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

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

Copyright © breakingnewsenglish.com 2020

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

Researchers have (1) _____ what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet (2) _____ ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a (3) _____ breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and (4) _____ this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner (5) _____ a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns (6) _____ calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the (7) _____ of her investigation. She said: "Our results show a meal eaten for breakfast, regardless (8) _____ the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it (9) _____ the value of eating enough at breakfast." She added: "Eating more at breakfast (10) _____ of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a (11) _____ breakfast rather than a large dinner to reduce body weight and (12) _____ metabolic diseases."

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

- | | | | | |
|-----|------------------|-----------------|-----------------|-------------------|
| 1. | (a) revelled | (b) reviled | (c) revealed | (d) revolted |
| 2. | (a) fad | (b) pad | (c) fat | (d) pat |
| 3. | (a) hearty | (b) kidney | (c) livery | (d) brainy |
| 4. | (a) reversed | (b) forwarded | (c) sided | (d) upped |
| 5. | (a) bested | (b) boasted | (c) basted | (d) boosted |
| 6. | (a) for | (b) on | (c) out | (d) up |
| 7. | (a) findings | (b) searching | (c) discovering | (d) concluding |
| 8. | (a) by | (b) at | (c) on | (d) of |
| 9. | (a) underlines | (b) lines | (c) sidelines | (d) breadlines |
| 10. | (a) regardless | (b) instead | (c) prefer | (d) rather |
| 11. | (a) significance | (b) significant | (c) signifying | (d) significantly |
| 12. | (a) prevent | (b) abolish | (c) prohibit | (d) scrap |

SPELLING

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

Paragraph 1

1. Researchers have rveelaed what might be
2. a rotylboraa experiment
3. reesverd this with a high-calorie breakfast
4. a smaller dinner teobosd a process
5. called diet-idudcne thermogenesis
6. the total srioecla consumed

Paragraph 2

7. the findings of her tnanstgiviioe
8. esrasrelgd of the amount
9. This finding is ciniifgsant
10. We rcmeenomd that
11. patients with bisotey
12. prevent eclatomib diseases

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This
- () consumed for dinner. This finding is significant for all people as it underlines the value of eating enough
- () about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless
- () calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the
- () at breakfast." She added: "Eating more at breakfast instead of dinner could prevent obesity and high
- (**1**) Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could
- () of the amount of calories it contains, creates twice as high DIT as the same meal
- () happened even when the total calories consumed throughout the day remained the same.
- () next. Eating a larger breakfast and a smaller dinner boosted a process called diet-
- () on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-
- () Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke
- () become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study
- () than a large dinner to reduce body weight and prevent metabolic diseases."
- () blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather

PUT THE WORDS IN THE RIGHT ORDER

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

1. new weight . to highly popular way lose A
2. could biggest fad It ever . diet the become
3. breakfast the a How body's metabolism . hearty affected
4. the The in generation of heat body .
5. remained throughout consumed the same . the Calories day
6. led to 2.5 times big A higher rates . breakfast
7. it of contains . Regardless of amount calories the
8. value eating underlines enough of It the breakfast .
9. with healthy Patients people . obesity as well as
10. weight metabolic body Reduce and prevent diseases .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers have revealed what might be a *heightened / highly* popular new way to lose weight - eat a big breakfast. It could become the biggest diet *fat / fad* ever for those wishing to *shed / shack* a few kilos. Scientists in Germany conducted a study on how a *brainy / hearty* breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and *reserved / reversed* this with a high-calorie breakfast and low-calorie dinner the *after / next*. Eating a larger breakfast and a smaller dinner *boosted / boasted* a process called diet-induced thermogenesis (DIT). This is the *generation / reduction* of heat in the body that burns *up / out* calories. This happened even when the total calories consumed throughout the day *remain / remained* the same.

Eating a big breakfast *led / resulted* to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the *founding / findings* of her investigation. She said: "Our results show a meal eaten for breakfast, *regardless / regarding* of the amount of calories it contains, creates *double / twice* as high DIT as the same meal *consumed / consummated* for dinner. This finding is significant for all people as it *breadlines / underlines* the value of eating enough at breakfast." She added: "Eating more at breakfast *rather / instead* of dinner could prevent obesity and high *blood / bloody* sugar. We recommend that patients with obesity as well as healthy people eat a *significant / significance* breakfast rather than a large dinner to reduce body weight and prevent *metabolism / metabolic* diseases."

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

R_s__ r c h_r s h_v_ r_v__ l_d w h_t m_g h t b_ _
h_g h l_y p_p_l_r n_w w_y t_ l_s_ w__ g h t - __ t
_ b_g b r__ k f_s t. I t c__ l d b_c_m_ t h_ b_g g_s
t d__ t f_d _v_r f_r t h_s_ w_s h_n g t_ s h_d _
f_w k_l_s. S c__ n t_s t_s _n G_r m_n y c_n d_c t_d
_ s t_d y _n h_w _ h__ r t y b r__ k f_s t _f f_c t_d
t h_ b_d y 's m_t_b_l_s m _n _ l_b_r_t_r y _x p_r_m_n
t. S_x t__ n m_n t_ _ l_w - c_l_r__ b r__ k f_s t _n
d h_g h - c_l_r__ d_n n_r _n_ d_y, _n d r_v_r_s_d t
h_s w_t h _ h_g h - c_l_r__ b r__ k f_s t _n d l_w -
c_l_r__ d_n n_r t h_ n_x t. E_t_n g _ l_r g_r b r__
k f_s t _n d _ s m_l_l_r d_n n_r b__ s t_d _ p_r_c_s s
c_l_l_d d__ t -_n d_c_d t h_r m_g_n_s_s (D I T). T
h_s _s t h_ g_n_r_t__ n _f h__ t _n t h_ b_d y t
h_t b_r n_s _p c_l_r__ s. T h_s h_p p_n_d _v_n w
h_n t h_ t_t_l c_l_r__ s c_n s_m_d t h_r__ g h__ t t
h_ d_y r_m__ n_d t h_ s_m_.

E_t_n g _ b_g b r__ k f_s t l_d t_ 2.5 t_m_s h_g
h_r r_t_s _f D I T. R_s__ r c h_r D r J_l__ n_ R_c
h t_r s p_k_ _b__ t t h_ f_n d_n g_s _f h_r _n v_s
t_g_t__ n. S h_ s__ d: " O_r r_s_l_t_s s h_w _ m__
l __ t_n f_r b r__ k f_s t, r_g_r d_l_s_s _f t h_ _m__
n t _f c_l_r__ s _t c_n t__ n_s, c_r__ t_s t_w_c_ _s
h_g h D I T _s t h_ s_m_ m__ l c_n s_m_d f_r d_n
n_r. T h_s f_n d_n g _s s_g n_f_c_n t f_r _l_l p__ p
l_ _s _t _n d_r_l_n_s t h_ v_l__ _f __ t_n g _n__ g h
_t b r__ k f_s t. " S h_ _d d_d: " E_t_n g m_r_ _t b
r__ k f_s t _n s t__ d _f d_n n_r c__ l d p_r_v_n t
_b_s_t_y _n d h_g h b_l__ d s_g_r. W_ r_c_m_m_n d
t h_t p_t__ n_t_s w_t h _b_s_t_y _s w_l_l _s h__ l_t h
y p__ p_l__ t _s_g n_f_c_n t b r__ k f_s t r_t h_r t
h_n _ l_r g_ d_n n_r t_ r_d_c_ b_d y w__ g h t _n d
p_r_v_n t m_t_b_l_c d_s__ s_s. "

PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers have revealed what might be a highly popular new way to lose weight eat a big breakfast it could become the biggest diet fad ever for those wishing to shed a few kilos scientists in germany conducted a study on how a hearty breakfast affected the bodys metabolism in a laboratory experiment sixteen men ate a lowcalorie breakfast and highcalorie dinner one day and reversed this with a highcalorie breakfast and lowcalorie dinner the next eating a larger breakfast and a smaller dinner boosted a process called diet induced thermogenesis dit this is the generation of heat in the body that burns up calories this happened even when the total calories consumed throughout the day remained the same

eating a big breakfast led to 25 times higher rates of dit researcher dr juliane richter spoke about the findings of her investigation she said our results show a meal eaten for breakfast regardless of the amount of calories it contains creates twice as high dit as the same meal consumed for dinner this finding is significant for all people as it 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same. Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr. Juliane Richters spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it 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."

HOMWORK

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

4. CALORIES: Write a magazine article about setting a legal, maximum, daily calorie limit. 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 breakfast. Ask him/her three questions about it. Give him/her three of your ideas on big breakfasts. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

- a T b F c F d T e T f T g F h T

SYNONYM MATCH (p.5)

1. g	2. d	3. b	4. i	5. c
6. j	7. e	8. f	9. a	10. h

COMPREHENSION QUESTIONS (p.9)

- Highly popular
- A few kilos
- Sixteen
- A low-calorie dinner
- Calories
- A researcher
- Eating enough for breakfast
- The same size dinner
- Obesity patients
- Metabolic diseases

WORDS IN THE RIGHT ORDER (p.20)

- A highly popular new way to lose weight.
- It could become the biggest diet fad ever.
- How a hearty breakfast affected the body's metabolism.
- The generation of heat in the body.
- Calories consumed throughout the day remained the same.
- A big breakfast led to 2.5 times higher rates.
- Regardless of the amount of calories it contains.
- It underlines the value of eating enough breakfast.
- Patients with obesity as well as healthy people.
- Reduce body weight and prevent metabolic diseases.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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