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Level 5 – 21st February, 2022

Brains do not slow down until after 60

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<https://breakingnewsenglish.com/2202/220221-mental-processing-speed-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.

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THE READING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-5.html>

Scientists have cast doubt on a common belief that the brain's processing speed declines from the age of 20. Until now, scientists believed our cognition level peaks at 20 and declines thereafter. Lead researcher doctor Mischa von Krause gave hope to older people who worry about forgetfulness or reducing brain power. He said cognitive skills were still powerful at the age of 60. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan."

The study used data on 1.1 million people, aged between 10 and 80. The results showed that mental processing speed remained constant until the age of 60, but did start to decline after. The researchers said mental processing speed increased in people's 20s and remained high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing...barely changed." He said older people taking longer to make decisions may be because they are more cautious, less impulsive and less reckless. The study could cast light on diseases such as Alzheimer's.

Sources: <https://www.theguardian.com/science/2022/feb/17/brains-do-not-slow-down-until-after-age-of-60-study-finds>
<https://medicalxpress.com/news/2022-02-human-brain-doesnt.html>
<https://www.newscientist.com/article/2308810-your-brain-doesnt-slow-down-until-your-60s-later-than-we-thought/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------|-------------------------|
| 1. cast doubt | a. and forced decisions |
| 2. our cognition level peaks | b. still powerful |
| 3. older people who worry | c. lifespan |
| 4. cognitive skills were | d. at 20 |
| 5. Our finding is | e. on a common belief |
| 6. average levels | f. about forgetfulness |
| 7. contexts demanding fast | g. in mental speed |
| 8. relatively late in the | h. encouraging |

PARAGRAPH TWO:

- | | |
|----------------------------------|----------------------|
| 1. data on 1.1 | a. less reckless |
| 2. remained constant until | b. until 60 |
| 3. remained high | c. light on diseases |
| 4. information processing barely | d. million people |
| 5. taking longer to | e. changed |
| 6. because they are more | f. the age of 60 |
| 7. less impulsive and | g. cautious |
| 8. The study could cast | h. make decisions |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-5.html>

Scientists have (1) _____ a common belief that the brain's processing speed declines from the age of 20. Until now, scientists believed our cognition (2) _____ 20 and declines thereafter. Lead researcher doctor Mischa von Krause gave hope to older people who worry about forgetfulness or reducing brain power. He (3) _____ were still powerful at the age of 60. He wrote: "Our (4) _____, as our results show that average levels in mental (5) _____ demanding fast and forced decisions do not decline until (6) _____ the lifespan."

The study used data on 1.1 million people, (7) _____ and 80. The results showed that mental processing speed remained (8) _____ age of 60, but did start to decline after. The researchers said mental processing speed increased in people's 20s (9) _____ until 60. Dr von Krause said: "Until older adulthood, the (10) _____ processing...barely changed." He said older people taking longer to make decisions may be because they (11) _____, less impulsive and less reckless. The study could (12) _____ diseases such as Alzheimer's.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-5.html>

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BRAIN POWER SURVEY

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-4.html>

Write five GOOD questions about brain power 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) _____

WRITING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-5.html>

Write about **brain power** for 10 minutes. Read and talk about your partner's paper.
