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Level 5 – 8th May 2023

Internet use could lower risk of dementia

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<https://breakingnewsenglish.com/2305/230508-daily-internet-use-5.html>

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

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THE READING

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-5.html>

New research suggests that being online could benefit the mental health of older people. Researchers from New York University found that regular Internet use could reduce the risk of dementia in over-50s. The study explained why there could be a link between being online and better mental health. It said: "Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia....Regularly using the Internet may be associated with cognitive longevity."

Researchers looked at data from a health and retirement study of 18,154 adults over the age of 50. The participants were dementia-free at the start of the 16-year research. Everyone was asked every two years about their mental wellbeing, and about how long they spent online. The researchers found that those who were online for two hours a day were half as likely to have signs of dementia than those who were never online. They also found that excessive Internet use (6 to 8 hours a day) may increase the risks of dementia.

Sources: <https://gizmodo.com/internet-use-dementia-risk-hours-online-brain-health-1850405066>
<https://edition.cnn.com/2023/05/03/health/internet-use-dementia-risk-wellness/index.html>
<https://nypost.com/2023/05/03/daily-internet-use-may-lower-older-adults-dementia-risk-study/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-5.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|---------------------|
| 1. data from a health and | a. wellbeing |
| 2. participants were dementia- | b. year research |
| 3. the start of the 16- | c. longevity |
| 4. about their mental | d. online |
| 5. how long they spent | e. Internet use |
| 6. half as likely to | f. retirement study |
| 7. excessive | g. have signs |
| 8. be associated with cognitive | h. free |

PARAGRAPH TWO:

- | | |
|------------------------------------|------------------|
| 1. a health and retirement | a. online |
| 2. The participants were dementia- | b. study |
| 3. about their mental | c. use |
| 4. how long they spent | d. free |
| 5. half as likely | e. online |
| 6. those who were never | f. of dementia |
| 7. excessive Internet | g. to have signs |
| 8. increase the risks | h. wellbeing |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-5.html>

New research suggests that being (1) _____ the mental health of older people. Researchers from New York University (2) _____ Internet use could reduce the risk of dementia in over-50s. The study explained why there could be a (3) _____ online and better mental health. It said: "Online engagement may (4) _____ and maintain cognitive reserve, which (5) _____ compensate for brain aging and reduce the risk of dementia....Regularly using the Internet may (6) _____ cognitive longevity."

Researchers looked at data from (7) _____ retirement study of 18,154 adults over the age of 50. The participants were (8) _____ the start of the 16-year research. Everyone was asked every two years about their (9) _____ about how long they spent online. The researchers found that those who were online for two hours a day were (10) _____ to have signs of dementia than those who were never online. They also (11) _____ Internet use (6 to 8 hours a day) may (12) _____ of dementia.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-5.html>

New research suggests that being online could benefit the mental health of older people. Researchers from New York University found that regular Internet use could reduce the risk of dementia in over-50s. The study explained why there could be a link between being online and better mental health. It said: "Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia.... Regularly using the internet may be associated with cognitive longevity." Researchers looked at data from a health and retirement study of 18,154 adults over the age of 50. The participants were dementia-free at the start of the 16-year research. Everyone was asked every two years about their mental wellbeing, and about how long they spent online. The researchers found that those who were online for two hours a day were half as likely to have signs of dementia than those who were never online. They also found that excessive Internet use (6 to 8 hours a day) may increase the risk of dementia.

INTERNET USE SURVEY

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

Write five GOOD questions about Internet use 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) _____

