

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

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Life near fast food restaurants unhealthy

http://www.breakingnewsenglish.com/0902/090224-fast_food.html

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THE ARTICLE

New research in the USA says it is unhealthy to live in areas with lots of fast food restaurants. A study by the University of Michigan said people who live within walking distance of fast food restaurants have a 13 per cent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the social status of the 1,247 people who had strokes in an area of Texas over a three-year period. The area was home to 262 fast food restaurants. The team compared the stroke victims' social status with how close they lived to the restaurants. He concluded there was a strong relationship between the distance someone lived to fast food restaurants and their chances of having a stroke.

A stroke is similar to a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the result of unhealthy eating. A diet that has a large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there could be up to 33 different fast food restaurants in an area. This puts people living nearby more at risk of a stroke. Dr. Morgenstern said he didn't know whether it was the actual fast food that increased the risk of stroke. He said fast food restaurants are more common in poorer neighbourhoods where people are less educated and generally have healthier and more stressful lifestyles.

WARM-UPS

1. FAST FOOD: Walk around the class and talk to other students about fast food. Change partners often. After you finish, sit with your partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

research / unhealthy / walking distance / strokes / social status / strong relationships / heart attacks / killers / diets / risk / poorer neighbourhoods / less educated

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

3. NEARBY DANGERS: With your partner(s), talk about the dangers of living near these things. Complete the table. Change partners and share what you wrote.

Things	Dangers	Would you live nearby?	Why (not)?
Fast food restaurants			
Nuclear power station			
Prison			
Volcano			
Crocodile farm			

4. RESTAURANTS: Students A **strongly** believe all fast food restaurants should be banned; Students B **strongly** believe there's nothing wrong with them. Change partners again and talk about your conversations.

5. FOOD: In pairs / groups, talk about the following kinds of food. Give each a score from 10 (I love this and could it every day) to 1 (I wouldn't eat this if you paid me).

_____ Fast food

_____ Slow food

_____ Fried food

_____ Airplane food

_____ Baby food

_____ Junk food

_____ Packaged food

_____ Raw food

6. UNHEALTHY: Spend one minute writing down all of the different words you associate with the word 'unhealthy'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

1. TRUE / FALSE: Look at the article's headline and guess whether these sentences are true (T) or false (F):

- | | |
|--|-------|
| a. A study said living near fast food restaurants was bad for your health. | T / F |
| b. People who live very close to fast food restaurants are 13% fatter. | T / F |
| c. The study focused on an area that had 262 fast food restaurants. | T / F |
| d. The researchers looked at the social status of people who had a stroke. | T / F |
| e. A stroke is like a heart attack that attacks your brain. | T / F |
| f. The study found as many as 33 fast food restaurants in an area. | T / F |
| g. The lead researcher is 100% sure fast food leads to strokes. | T / F |
| h. There is no link at all between education levels and risks of strokes. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article:

- | | |
|---------------|----------------|
| 1. live | a. examined |
| 2. chance | b. like |
| 3. status | c. possibility |
| 4. analyzed | d. usually |
| 5. close | e. heightens |
| 6. similar to | f. reside |
| 7. increases | g. usual |
| 8. up to | h. nearby |
| 9. common | i. position |
| 10. generally | j. as many as |

3. PHRASE MATCH: Match the following phrases from the article (sometimes more than one combination is possible):

- | | |
|------------------------------------|------------------------------|
| 1. live in areas with lots | a. 262 fast-food restaurants |
| 2. live within | b. amount of fast food |
| 3. The area was home to | c. to a heart attack |
| 4. He concluded there was a strong | d. walking distance |
| 5. their chances of | e. more at risk |
| 6. A stroke is similar | f. having a stroke |
| 7. Strokes are among the biggest | g. stressful lifestyles |
| 8. A diet that has a large | h. of fast food restaurants |
| 9. This puts people living nearby | i. relationship |
| 10. unhealthier and more | j. killers in the USA |

WHILE READING / LISTENING

GAP FILL: Put the words into the gaps in the text.

New research in the USA says it is unhealthy to live in _____ with lots of fast food restaurants. A study by the University of Michigan said people who live within _____ distance of fast food restaurants have a 13 per cent higher _____ of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the _____ status of the 1,247 people who had strokes in an area of Texas over a three-year period. The area was _____ to 262 fast food restaurants. The team _____ the stroke victims' social status with how close they lived to the restaurants. He concluded there was a strong relationship between the _____ someone lived to fast food restaurants and their chances of _____ a stroke.

distance

chance

areas

home

having

walking

social

compared

A stroke is _____ to a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the _____ of unhealthy eating. A _____ that has a large amount of fast food and other junk food _____ the chances of having a stroke. Dr. Morgenstern's research found that there could be up to 33 different fast food restaurants in an area. This puts people living nearby more at _____ of a stroke. Dr. Morgenstern said he didn't know whether it was the _____ fast food that increased the risk of stroke. He said fast food restaurants are more _____ in poorer neighbourhoods where people are less educated and generally have healthier and more stressful _____.

risk

result

diet

lifestyles

similar

common

increases

actual

LISTENING: Listen and fill in the spaces.

New research in the USA says it is unhealthy _____ with lots of fast food restaurants. A study by the University of Michigan said people _____ walking distance of fast food restaurants have a 13 per cent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed _____ the 1,247 people who had strokes in an area of Texas over a three-year period. The _____ 262 fast food restaurants. The team compared the stroke victims' social status with how close _____ restaurants. He concluded there was a strong relationship between the distance someone lived to fast food restaurants and _____ having a stroke.

A stroke is similar to a heart attack, _____ the brain. Strokes are among the biggest killers in the USA. Many are the result of unhealthy eating. A _____ large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there _____ 33 different fast food restaurants in an area. This puts people living nearby more at risk of a stroke. Dr. Morgenstern said he didn't know whether it was _____ food that increased the risk of stroke. He said fast food restaurants are more _____ neighbourhoods where people are less educated and generally have unhealthier _____ lifestyles.

AFTER READING / LISTENING

1. WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... for the words 'fast' and 'food'.

fast	food
-------------	-------------

- 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">• lots• within• analyzed• home• close• strong	<ul style="list-style-type: none">• brain• result• amount• different• actual• educated
--	---

STUDENT FAST FOOD SURVEY

Write five GOOD questions about fast food 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.

FAST FOOD DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the term 'fast food'?
- c) Do you think fast food is here to stay?
- d) Why do you think it's unhealthy to live near fast food restaurants?
- e) What do you think of fast food restaurants?
- f) Do you think living near fast food restaurants would be very convenient?
- g) Has this article made you think again about eating fast food?
- h) What is your favourite kind of fast food?
- i) Would you choose to live where there were no fast food restaurants?
- j) What do you think of the research in this article?

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FAST FOOD DISCUSSION

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

- a) Did you like reading this article?
- b) What do you know about strokes and heart attacks?
- c) What are the biggest killers in your country?
- d) What is your diet like?
- e) What do you know about slow food? Would you prefer slow or fast food?
- f) Is it true for your country that there are more fast food restaurants in poorer areas?
- g) What responsibility do fast food restaurants have to sell healthy food?
- h) Do you think less-educated people have healthier diets? Why?
- i) Do less-educated people really live more stressful lives?
- j) What questions would you like to ask Dr. Lewis Morgenstern?

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LANGUAGE

New research in the USA says it is unhealthy to live in (1) _____ with lots of fast food restaurants. A study by the University of Michigan said people who live (2) _____ walking distance of fast food restaurants have a 13 per cent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the (3) _____ status of the 1,247 people who had strokes in an area of Texas (4) _____ a three-year period. The area was home to 262 fast food restaurants. The team compared the stroke (5) _____ social status with how close they lived to the restaurants. He concluded there was a (6) _____ relationship between the distance someone lived to fast food restaurants and their chances of having a stroke.

A stroke is similar (7) _____ a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the result (8) _____ unhealthy eating. A (9) _____ that has a large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there could be (10) _____ to 33 different fast food restaurants in an area. This puts people living nearby more at risk of a stroke. Dr. Morgenstern said he didn't know (11) _____ it was the actual fast food that increased the risk of stroke. He said fast food restaurants are more common in poorer neighbourhoods where people are less (12) _____ and generally have healthier and more stressful lifestyles.

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

- | | | | | |
|-----|----------------|-----------------|---------------|----------------|
| 1. | (a) area code | (b) area | (c) reality | (d) areas |
| 2. | (a) within | (b) with | (c) without | (d) withdraw |
| 3. | (a) socially | (b) socialize | (c) social | (d) socials |
| 4. | (a) about | (b) over | (c) around | (d) under |
| 5. | (a) victims | (b) victims' | (c) victimize | (d) victim's |
| 6. | (a) strengthen | (b) strongest | (c) strong | (d) strongly |
| 7. | (a) to | (b) of | (c) from | (d) at |
| 8. | (a) by | (b) to | (c) for | (d) of |
| 9. | (a) dieting | (b) dietary | (c) dietician | (d) diet |
| 10. | (a) down | (b) up | (c) across | (d) along |
| 11. | (a) whether | (b) whither | (c) weather | (d) wither |
| 12. | (a) education | (b) educational | (c) educated | (d) educations |

HOMEWORK

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 fast food restaurants. Share what you discover with your partner(s) in the next lesson.

3. NUTRITION: Make a poster about the nutritional value of different kinds of fast food. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FAST FOOD LIFE: Write a magazine article about a fast food life. Include imaginary interviews with someone who loves fast food and eats it every day, and someone who hates it and never eats it.

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. LETTER: Write a letter to Dr. Lewis Morgenstern. Ask him three questions about his research. Ask him for three pieces of advice about fast food and healthy eating. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|---------------|----------------|
| 1. live | a. reside |
| 2. chance | b. possibility |
| 3. status | c. position |
| 4. analyzed | d. examined |
| 5. close | e. nearby |
| 6. similar to | f. like |
| 7. increases | g. heightens |
| 8. up to | h. as many as |
| 9. common | i. usual |
| 10. generally | j. usually |

PHRASE MATCH:

- | | |
|------------------------------------|------------------------------|
| 1. live in areas with lots | a. of fast food restaurants |
| 2. live within | b. walking distance |
| 3. The area was home to | c. 262 fast-food restaurants |
| 4. He concluded there was a strong | d. relationship |
| 5. their chances of | e. having a stroke |
| 6. A stroke is similar | f. to a heart attack |
| 7. Strokes are among the biggest | g. killers in the USA |
| 8. A diet that has a large | h. amount of fast food |
| 9. This puts people living nearby | i. more at risk |
| 10. unhealthier and more | j. stressful lifestyles |

GAP FILL:

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New research in the USA says it is unhealthy to live in **areas** with lots of fast food restaurants. A study by the University of Michigan said people who live within **walking** distance of fast food restaurants have a 13 per cent higher **chance** of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the **social** status of the 1,247 people who had strokes in an area of Texas over a three-year period. The area was **home** to 262 fast food restaurants. The team **compared** the stroke victims' social status with how close they lived to the restaurants. He concluded there was a strong relationship between the **distance** someone lived to fast food restaurants and their chances of **having** a stroke.

A stroke is **similar** to a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the **result** of unhealthy eating. A **diet** that has a large amount of fast food and other junk food **increases** the chances of having a stroke. Dr. Morgenstern's research found that there could be up to 33 different fast food restaurants in an area. This puts people living nearby more at **risk** of a stroke. Dr. Morgenstern said he didn't know whether it was the **actual** fast food that increased the risk of stroke. He said fast food restaurants are more **common** in poorer neighbourhoods where people are less educated and generally have unhealthier and more stressful **lifestyles**.

LANGUAGE WORK

1 - d 2 - a 3 - c 4 - b 5 - b 6 - c 7 - a 8 - d 9 - d 10 - b 11 - a 12 - c

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