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Breastfeeding mums healthier in old age

<http://www.breakingnewsenglish.com/0904/090422-breastfeeding.html>

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THE ARTICLE

Women who breastfeed could lower their risk of having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes and of having high blood pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, all in their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were up to 20 per cent less likely to suffer from heart attacks and strokes. The team also found that breastfeeding for just a month benefited a mother's long-term health. Breast milk also protects the baby against obesity, diabetes, asthma and increases a baby's immunity and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease is the leading cause of death for women, so it is vitally important for us to know what we can do to protect ourselves." She explained her study could encourage more mothers to breastfeed, and so keep mother and child healthier. "We've known for years that breastfeeding is important for babies' health. Now we know that it is important for mothers' health as well," she said. Dr Schwartz noted that breastfeeding helped a woman's body to recover after giving birth. She said: "Breastfeeding is an important part of the way women's bodies recover from pregnancy. When this process is interrupted, women are more likely to have a number of health problems."

WARM-UPS

1. BREASTFEEDING: Walk around the class and talk to other students about breastfeeding. Change partners often. Sit with your first 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.

heart attacks / getting older / blood pressure / women in the 50s / long-term health / causes of death / protecting ourselves / giving birth / pregnancy / health problems

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

3. BABY: What are the best ways to help a six-month old baby? Complete this table. Share your answers with your partner(s). Change partners and share again.

Ways	How good an idea?	What are good alternatives?
Breastfeeding		
Reading to him/her		
Playing music		
Lots of toys		
Sleeping apart from parents		
Teaching him/her English		

4. MILK: Students A **strongly** believe there should be a law that says all women must breastfeed their baby; Students B **strongly** believe mothers can use milk powder with their babies if they want. Change partners again and talk about your conversations.

5. MY BABY: Rank these things in order of which is most important for you in a new baby. Share your ideas with your partner(s).

- | | |
|----------------------------|----------------------------------|
| _____ good looks | _____ being musical and artistic |
| _____ strong immune system | _____ leadership skills |
| _____ intelligence | _____ no-stress personality |
| _____ good at sports | _____ kind character |

6. PREGNANT: Spend one minute writing down all of the different words you associate with the word 'pregnant'. 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 report said older mothers have fewer heart attacks and strokes. | T / F |
| b. A team of researchers interviewed 140,000 women over fifty years old. | T / F |
| c. Mothers who breastfeed for a year can cut their risk of a heart attack. | T / F |
| d. Babies who are breastfed are generally more intelligent. | T / F |
| e. Heart disease is the biggest killer of women. | T / F |
| f. A researcher said people knew for years breastfeeding helps mothers. | T / F |
| g. Breastfeeding helps a mother's body recover from pregnancy. | T / F |
| h. Mothers will have no health problems if they do not breastfeed. | T / F |

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

- | | |
|-----------------|----------------|
| 1. lower | a. a long time |
| 2. chances | b. probable |
| 3. surveyed | c. top |
| 4. likely | d. critically |
| 5. protects | e. reduce |
| 6. leading | f. get better |
| 7. vitally | g. shelters |
| 8. years | h. likelihood |
| 9. recover | i. numerous |
| 10. a number of | j. questioned |

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

- | | |
|---|------------------------------|
| 1. lower their risk of | a. death for women |
| 2. the women, all in | b. having a heart attack |
| 3. up to 20 per cent less likely to | c. more than a year |
| 4. mothers who had breastfed for | d. is important |
| 5. Breast milk also protects the baby | e. of health problems |
| 6. the leading cause of | f. their 50s |
| 7. it is vitally important | g. against obesity |
| 8. We've known for years that breastfeeding | h. from pregnancy |
| 9. the way women's bodies recover | i. suffer from heart attacks |
| 10. women are more likely to have a number | j. for us to know |

WHILE READING / LISTENING

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

Women who breastfeed could _____ their risk of having a heart attack and stroke when they get older. They may also reduce their _____ of getting diabetes and of having high blood pressure. This is the _____ of a new study from the University of Pittsburgh in America. Researchers _____ nearly 140,000 middle-aged mothers. They asked the women, all in their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were up to 20 per cent less likely to _____ from heart attacks and strokes. The team also found that breastfeeding for just a month _____ a mother's long-term health. Breast milk also protects the baby _____ obesity, diabetes, asthma and increases a baby's _____ and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease is the _____ cause of death for women, so it is vitally important for us to know what we can do to _____ ourselves." She explained her study could _____ more mothers to breastfeed, and so keep mother and child healthier. "We've known for years that breastfeeding is important for babies' _____. Now we know that it is important for mothers' health as well," she said. Dr Schwartz _____ that breastfeeding helped a woman's body to recover after _____ birth. She said: "Breastfeeding is an important part of the way women's bodies _____ from pregnancy. When this _____ is interrupted, women are more likely to have a number of health problems."

surveyed

against

chances

immunity

lower

suffer

benefited

claim

recover

encourage

health

leading

giving

process

protect

noted

LISTENING: Listen and fill in the spaces.

Women who breastfeed could _____ having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes _____ blood pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, _____, about their breastfeeding history. They found that mothers who had breastfed for more than a year were _____ likely to suffer from heart attacks and strokes. The team also found that breastfeeding _____ benefited a mother's long-term health. Breast milk also protects the baby against obesity, diabetes, asthma _____ immunity and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease _____ of death for women, so it is vitally important for us to know what we can do to protect ourselves." She explained her study _____ mothers to breastfeed, and so keep mother and child healthier. "We've _____ breastfeeding is important for babies' health. Now we know that it is important for mothers' health as well," she said. Dr Schwartz noted that breastfeeding helped a woman's body _____ birth. She said: "Breastfeeding _____ of the way women's bodies recover from pregnancy. When this process is interrupted, women are _____ a number of health problems."

AFTER READING / LISTENING

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

breast	feed
---------------	-------------

- 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">• lower• claim• history• 50s• 20 per cent• protects	<ul style="list-style-type: none">• leading• vitally• encourage• years• helped• likely
--	---

STUDENT BREASTFEEDING SURVEY

Write five GOOD questions about breastfeeding 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.

BREASTFEEDING 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 word 'breastfeeding'?
- c) How important is breastfeeding?
- d) Do you think women who do not breastfeed are irresponsible?
- e) What do you think of women who don't breastfeed because they're worried about the shape of their body?
- f) Do you think this study will change anything?
- g) Do you think governments do enough to encourage mothers to breastfeed?
- h) What do you think of babies being fed milk powder or formula?
- i) Are you surprised by anything you read in the article?
- j) Would you be angry if you discovered you were not breastfed?

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BREASTFEEDING DISCUSSION

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

- a) Did you like reading this article?
- b) What can we do to lower our chances of having heart disease?
- c) What health information is vitally important for us to know?
- d) What other things do mothers need to do to make sure both they and their baby are healthy?
- e) Why do you think it has taken so long for researchers to discover breastfeeding is good for mothers?
- f) Do you think a mother could harm her body by not breastfeeding?
- g) Are you worried about the safety of baby milk powder?
- h) Would you like to see research done into which stars were breastfed?
- i) Do you think breastfeeding is inconvenient?
- j) What questions would you ask Dr Eleanor Schwarz?

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LANGUAGE

Women who breastfeed could (1) ____ their risk of having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes and of having high (2) ____ pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, all (3) ____ their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were (4) ____ to 20 per cent less likely to suffer from heart attacks and strokes. The team also found that breastfeeding for just a month benefited a mother's long-(5) ____ health. Breast milk also protects the baby (6) ____ obesity, diabetes, asthma and increases a baby's immunity and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease is the (7) ____ cause of death for women, so it is (8) ____ important for us to know what we can do to protect ourselves." She explained her study could encourage more mothers to breastfeed, and (9) ____ keep mother and child healthier. "We've known for years that breastfeeding is important for babies' health. Now we know that it is important for mothers' health as (10) ____," she said. Dr Schwartz noted that breastfeeding helped a woman's body to recover after (11) ____ birth. She said: "Breastfeeding is an important part of the way women's bodies recover from pregnancy. When this process is interrupted, women are more (12) ____ to have a number of health problems."

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

- | | | | | |
|-----|----------------|--------------|--------------|---------------|
| 1. | (a) lower | (b) lowest | (c) low | (d) lows |
| 2. | (a) bloody | (b) blood | (c) bloods | (d) bloodiest |
| 3. | (a) on | (b) at | (c) in | (d) of |
| 4. | (a) so | (b) on | (c) by | (d) up |
| 5. | (a) terminal | (b) termed | (c) terms | (d) term |
| 6. | (a) for | (b) by | (c) against | (d) to |
| 7. | (a) leading | (b) pleading | (c) bleeding | (d) needing |
| 8. | (a) vital | (b) vitally | (c) vitality | (d) vitals |
| 9. | (a) because | (b) although | (c) so | (d) however |
| 10. | (a) well | (b) good | (c) better | (d) healthy |
| 11. | (a) given | (b) gives | (c) gave | (d) giving |
| 12. | (a) likelihood | (b) likely | (c) liken | (d) liked |

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 breastfeeding. Share what you discover with your partner(s) in the next lesson.

3. BABIES: Make a poster about how to make sure a baby stays healthy. What activities can we do to develop their mind? Show your work to your classmates in the next lesson. Did you all have similar things?

4. MILK POWDER: Write a magazine article about someone who is angry about not being breastfed as a baby. Include imaginary interviews with the person and their mother.

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 Eleanor Schwarz. Ask her three questions about breastfeeding. Give her three ideas on what baby research she should do next. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|-----------------|----------------|
| 1. lower | a. reduce |
| 2. chances | b. likelihood |
| 3. surveyed | c. questioned |
| 4. likely | d. probable |
| 5. protects | e. shelters |
| 6. leading | f. top |
| 7. vitally | g. critically |
| 8. years | h. a long time |
| 9. recover | i. get better |
| 10. a number of | j. numerous |

PHRASE MATCH:

- | | |
|---|------------------------------|
| 1. lower their risk of | a. having a heart attack |
| 2. the women, all in | b. their 50s |
| 3. up to 20 per cent less likely to | c. suffer from heart attacks |
| 4. mothers who had breastfed for | d. more than a year |
| 5. Breast milk also protects the baby | e. against obesity |
| 6. the leading cause of | f. death for women |
| 7. it is vitally important | g. for us to know |
| 8. We've known for years that breastfeeding | h. is important |
| 9. the way women's bodies recover | i. from pregnancy |
| 10. women are more likely to have a number | j. of health problems |

GAP FILL:

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Women who breastfeed could **lower** their risk of having a heart attack and stroke when they get older. They may also reduce their **chances** of getting diabetes and of having high blood pressure. This is the **claim** of a new study from the University of Pittsburgh in America. Researchers **surveyed** nearly 140,000 middle-aged mothers. They asked the women, all in their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were up to 20 per cent less likely to **suffer** from heart attacks and strokes. The team also found that breastfeeding for just a month **benefited** a mother's long-term health. Breast milk also protects the baby **against** obesity, diabetes, asthma and increases a baby's **immunity** and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease is the **leading** cause of death for women, so it is vitally important for us to know what we can do to **protect** ourselves." She explained her study could **encourage** more mothers to breastfeed, and so keep mother and child healthier. "We've known for years that breastfeeding is important for babies' **health**. Now we know that it is important for mothers' health as well," she said. Dr Schwartz **noted** that breastfeeding helped a woman's body to recover after **giving** birth. She said: "Breastfeeding is an important part of the way women's bodies **recover** from pregnancy. When this **process** is interrupted, women are more likely to have a number of health problems."

LANGUAGE WORK

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