

www.**Breaking News English**.com

Ready-to-use ESL/EFL Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

The Breaking News English.com Resource Book

<http://www.breakingnewsenglish.com/book.html>

Mediterranean diets keep you happier

http://www.breakingnewsenglish.com/0910/091007-mediterranean_diet.html

Contents

The Article	2
Warm ups	3
Before Reading / Listening	4
While Reading / Listening	5
Listening Gap Fill	6
After Reading / Listening	7
Student Survey	8
Discussion	9
Language Work	10
Writing	11
Homework	12
Answers	13

7th October, 2009

THE ARTICLE

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

People who follow a Mediterranean diet are likely to be happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's authors say a diet that is rich in vegetables, fruits, nuts, whole grains and fish seems to make people less likely to develop depression. This may explain why people who live in Mediterranean countries are more laid back than other Europeans. There are fewer mental disorders in Mediterranean countries and scientists believe this could be because of the diet. The new research supports previous studies that suggested olive oil protects against depression. No Italian, Spanish or Greek meal is complete without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 people to keep track of what they ate. The scientists observed dietary habits and instances of depression for four years. They discovered there was a thirty per cent lower risk of developing depression in people who stuck to the Mediterranean diet. The research team says it is still unsure why this diet reduces the likelihood of depression. They said the diet could boost blood vessel performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart perform better. If our mind and body are healthier, it seems natural we will be happier.

WARM-UPS

1. MEDITERRANEAN FOOD: Talk to other students about Mediterranean food. 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.

following diets / being happy / depression / laid back / mental disorders / olive oil / universities / dietary habits / blood vessels / the brain / the heart / being healthier

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

3. NATIONAL DIET: Do all countries eat healthily? Complete this table with your partner(s). Change partners and share what you heard. Change again.

National diet	Your image of this diet	Healthy / Unhealthy
Italy		
USA		
Japan		
Lebanon		
England		
India		

4. YOU ARE WHAT YOU EAT: Students A **strongly** believe you are what you eat (if you eat healthily, your mind will be healthy); Students B **strongly** believe food does not affect your brain. Change partners again and talk about your conversations.

5. DEPRESSION: What can stop depression? Rate these and share your ratings with your partner: 10 = would definitely stop depression; 1 = would have zero impact on depression. Change partners and share your ratings again.

- | | |
|---------------------|------------------|
| _____ food | _____ weather |
| _____ money | _____ news |
| _____ English level | _____ television |
| _____ friends | _____ work |

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

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

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

- | | |
|--|-------|
| a. People who eat lots of Mediterranean food are generally miserable. | T / F |
| b. Researchers said you need to be rich to eat lots of whole grain food. | T / F |
| c. Those in Mediterranean countries are the most depressed Europeans. | T / F |
| d. The writer says live oil is needed with meals in Italy, Spain and Greece. | T / F |
| e. Scientists studied 10,000 people for about four years. | T / F |
| f. A Mediterranean diet can reduce the risk of depression by 30%. | T / F |
| g. Scientists say the diet reduces depression because it is low in fats. | T / F |
| h. The authors say the diet can have a bad effect on our blood vessels. | T / F |

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

- | | |
|------------------|--------------|
| 1. follow | a. probable |
| 2. published | b. improve |
| 3. likely | c. eating |
| 4. laid back | d. uncertain |
| 5. complete | e. stick to |
| 6. keep track of | f. finished |
| 7. dietary | g. work |
| 8. unsure | h. printed |
| 9. boost | i. note down |
| 10. perform | j. relaxed |

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

- | | |
|------------------------------------|--------------------------|
| 1. People who follow | a. develop depression |
| 2. a diet that is rich | b. developing depression |
| 3. less likely to | c. against depression |
| 4. more laid back | d. what they ate |
| 5. olive oil protects | e. habits |
| 6. keep track of | f. a Mediterranean diet |
| 7. scientists observed dietary | g. of depression |
| 8. a thirty per cent lower risk of | h. in vegetables |
| 9. reduces the likelihood | i. to produce oxygen |
| 10. increase the body's efficiency | j. than other Europeans |

WHILE READING / LISTENING

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

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

People who follow a Mediterranean diet are _____ to be happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's _____ say a diet that is rich in vegetables, fruits, nuts, _____ grains and fish seems to make people less likely to develop depression. This may _____ why people who live in Mediterranean countries are more laid back than other Europeans. There are fewer _____ disorders in Mediterranean countries and scientists believe this could be because of the diet. The new research supports _____ studies that suggested olive oil _____ against depression. No Italian, Spanish or Greek meal is _____ without olive oil.

mental
whole
complete
likely
previous
protects
authors
explain

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 people to keep _____ of what they ate. The scientists observed dietary _____ and instances of depression for four years. They discovered there was a thirty per cent lower _____ of developing depression in people who _____ to the Mediterranean diet. The research team says it is still _____ why this diet reduces the likelihood of depression. They said the diet could boost _____ vessel performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart _____ better. If our mind and body are healthier, it seems _____ we will be happier.

unsure
risk
track
perform
blood
natural
habits
stuck

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

People who follow a Mediterranean diet _____ happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's authors say a diet _____ vegetables, fruits, nuts, whole grains and fish seems to make people less likely to develop depression. This _____ people who live in Mediterranean countries are _____ than other Europeans. There are fewer mental disorders in Mediterranean countries and scientists believe _____ because of the diet. The new research supports previous studies that suggested olive _____ depression. No Italian, Spanish or Greek meal is complete without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 _____ track of what they ate. The scientists _____ habits and instances of depression for four years. They discovered there was a thirty per cent _____ developing depression in people who stuck to the Mediterranean diet. The research team says _____ why this diet reduces the likelihood of depression. They said the diet could _____ performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart perform better. If our mind and body are healthier, it _____ will be happier.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

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

olive	oil
--------------	------------

- 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">• follow• report• rich• laid• mental• complete	<ul style="list-style-type: none">• track• dietary• stuck• unsure• boost• natural
---	--

STUDENT MEDITERRANEAN FOOD SURVEY

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

Write five GOOD questions about Mediterranean 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.

MEDITERRANEAN 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 word 'diet'?
- c) What do you think about what you read? Was there anything surprising?
- d) Have you ever followed a diet?
- e) How would you describe your current diet?
- f) Do you think people in Mediterranean countries are more laid back?
- g) Do you think there's a link between food and happiness?
- h) Do you think the kind of food you eat can lead to depression?
- i) What food do you eat when you are unhappy? Is this healthy?
- j) How healthy is your country's national food?

Mediterranean diets keep you happier – 7th October, 2009
More free lessons at www.BreakingNewsEnglish.com

MEDITERRANEAN FOOD DISCUSSION

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

- a) Did you like reading this article?
- b) Would you like to take part in a scientific test and track the food you eat?
- c) Have you ever been depressed?
- d) How does the food you eat change your feelings?
- e) What do you know about depression?
- f) Which country's food do you think is healthiest?
- g) What do you know about Mediterranean food?
- h) How do you make your brain and heart perform better?
- i) Is there anything better than food to make you happier?
- j) What questions would you like to ask the researchers?

LANGUAGE – MULTIPLE CHOICE

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

People who follow a Mediterranean diet are (1) _____ to be happier in life. This is the conclusion of a new (2) _____ published in the journal 'Archives of General Psychiatry'. The study's authors say a diet that is rich in vegetables, fruits, nuts, whole grains and fish seems to make people (3) _____ likely to develop depression. This may explain why people who live in Mediterranean countries are more laid (4) _____ than other Europeans. There are fewer mental disorders in Mediterranean countries and scientists believe this could be (5) _____ of the diet. The new research supports previous studies that suggested olive oil protects against depression. No Italian, Spanish or Greek meal is (6) _____ without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona (7) _____ 10,000 people to keep track of what they ate. The scientists observed dietary habits and instances of depression for four years. They (8) _____ there was a thirty per cent lower risk of developing depression in people who stuck to the Mediterranean diet. The research team says it is still (9) _____ why this diet reduces the likelihood of depression. They said the diet could (10) _____ blood vessel performance and increase the body's efficiency to produce oxygen. Both these things (11) _____ the brain and heart perform better. If our mind and body are healthier, it seems (12) _____ we will be happier.

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

- | | | | | |
|-----|----------------|----------------|---------------|------------------|
| 1. | (a) liked | (b) likeliest | (c) liking | (d) likely |
| 2. | (a) reporting | (b) report | (c) reported | (d) reports |
| 3. | (a) less | (b) few | (c) little | (d) low |
| 4. | (a) front | (b) down | (c) back | (d) up |
| 5. | (a) due | (b) for | (c) because | (d) that |
| 6. | (a) completion | (b) complete | (c) completes | (d) completing |
| 7. | (a) asked | (b) said | (c) ordered | (d) spoke |
| 8. | (a) discovery | (b) discoverer | (c) discovers | (d) discovered |
| 9. | (a) unrest | (b) unsure | (c) unease | (d) unbelievable |
| 10. | (a) boast | (b) beast | (c) blast | (d) boost |
| 11. | (a) do | (b) have | (c) make | (d) be |
| 12. | (a) natural | (b) naturally | (c) naturals | (d) naturalize |

WRITING

From http://www.BreakingNewsEnglish.com/0910/091007-mediterranean_diet.html

Write about **Mediterranean food** for 10 minutes. Correct your partner's paper.

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

3. MEDITERRANEAN FOOD: Make a poster about Mediterranean food. Show the differences between countries. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DEPRESSION: Write a magazine article called "You are what you eat". Write about how diet affects your mental health. Include imaginary interviews with doctor and someone who is overweight.

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 a dietician. Ask him/her three questions about your country's diet. Give him/her three suggestions on how to make your country's food healthier. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|------------------|--------------|
| 1. follow | a. stick to |
| 2. published | b. printed |
| 3. likely | c. probable |
| 4. laid back | d. relaxed |
| 5. complete | e. finished |
| 6. keep track of | f. note down |
| 7. dietary | g. eating |
| 8. unsure | h. uncertain |
| 9. boost | i. improve |
| 10. perform | j. work |

PHRASE MATCH:

- | | |
|------------------------------------|--------------------------|
| 1. People who follow | a. a Mediterranean diet |
| 2. a diet that is rich | b. in vegetables |
| 3. less likely to | c. develop depression |
| 4. more laid back | d. than other Europeans |
| 5. olive oil protects | e. against depression |
| 6. keep track of | f. what they ate |
| 7. scientists observed dietary | g. habits |
| 8. a thirty per cent lower risk of | h. developing depression |
| 9. reduces the likelihood | i. of depression |
| 10. increase the body's efficiency | j. to produce oxygen |

GAP FILL:

Mediterranean diets keep you happier

People who follow a Mediterranean diet are **likely** to be happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's **authors** say a diet that is rich in vegetables, fruits, nuts, **whole** grains and fish seems to make people less likely to develop depression. This may **explain** why people who live in Mediterranean countries are more laid back than other Europeans. There are fewer **mental** disorders in Mediterranean countries and scientists believe this could be because of the diet. The new research supports **previous** studies that suggested olive oil **protects** against depression. No Italian, Spanish or Greek meal is **complete** without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 people to keep **track** of what they ate. The scientists observed dietary **habits** and instances of depression for four years. They discovered there was a thirty per cent lower **risk** of developing depression in people who **stuck** to the Mediterranean diet. The research team says it is still **unsure** why this diet reduces the likelihood of depression. They said the diet could boost **blood** vessel performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart **perform** better. If our mind and body are healthier, it seems **natural** we will be happier.

LANGUAGE WORK

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

Mediterranean diets keep you happier – 7th October, 2009