

# 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>

## **Drinking wine can rot your teeth**

<http://www.breakingnewsenglish.com/0910/091022-wine.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

# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

Drinking wine can damage your teeth. That's the conclusion of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the effects of eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel that protects our teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will stain quicker if someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel and wears it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers previously thought red wine was worse for your teeth.

The research has been published in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the limits of this study, it can be predicted that frequent consumption of white wines might lead to severe dental erosion." The researchers did have some good news for wine lovers. They said food that is rich in calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in combination with drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can also help reduce the amount of erosion wine causes. Less frequent sips and swallowing the wine a little more quickly can help save your teeth.

# WARM-UPS

**1. WINE:** Walk around the class and talk to other students about wine. 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.

*drinking wine / teeth / enamel / sensitive / stains / acid / wearing away / bad news / research / journals / calcium / limiting damage / cheese / frequent sips / swallowing*

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

**3. BEVERAGES:** Complete this table about different drinks with your partner(s). Change partners and share your ideas. Change again share what you heard again.

	Good/Bad?	Why?
Wine		
Whiskey		
Cola		
Coffee		
Energy drinks		
Milkshake		

**4. BAN:** Students A **strongly** believe all alcohol should be banned; Students B **strongly** believe people can drink alcohol if they want. Change partners again and talk about your conversations.

**5. TEETH:** Rank these things with your partner(s). The thing that is worst for your teeth is at the top. Change partners and share and talk about your ranking.

- smoking
- cotton candy
- Cola
- wine
- not flossing
- infrequent dental checks
- grinding one's teeth
- chocolate

**6. DAMAGE:** Spend one minute writing down all of the different words you associate with the word 'damage'. 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/0910/091022-wine.html>

## 1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- |   |       |
|---|-------|
| a. Wine will damage the teeth of anyone who drinks it.                | T / F |
| b. Half of the wines tested in a study damaged the enamel of teeth.   | T / F |
| c. Drinking wine can make it easier for coffee to stain our teeth.    | T / F |
| d. Brushing your teeth after a glass of wine helps reduce any damage. | T / F |
| e. A study said drinking wine can cause a lot of damage to teeth.     | T / F |
| f. Eating food with lots of calcium can reduce the damage of wine.    | T / F |
| g. Cheese has very low levels of calcium.                             | T / F |
| h. Swallowing wine quickly can reduce the damage wine does to teeth.  | T / F |

## 2. SYNONYM MATCH:

Match the following synonyms from the article.

- |               |              |
|---------------|--------------|
| 1. damage     | a. regular   |
| 2. tested     | b. earlier   |
| 3. sensitive  | c. helpful   |
| 4. stain      | d. examined  |
| 5. previously | e. printed   |
| 6. published  | f. harm      |
| 7. predicted  | g. points    |
| 8. frequent   | h. discolour |
| 9. beneficial | i. delicate  |
| 10. factors   | j. forecast  |

## 3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1. Drinking wine can                | a. someone drinks coffee   |
| 2. wines damaged the enamel         | b. calcium                 |
| 3. teeth will stain quicker if      | c. red wine was worse      |
| 4. The acid in white wines          | d. a little more quickly   |
| 5. Wine drinkers previously thought | e. erosion                 |
| 6. The research has                 | f. attacks the enamel      |
| 7. lead to severe dental            | g. damage your teeth       |
| 8. food that is rich                | h. been published          |
| 9. cheese contains                  | i. in calcium              |
| 10. swallowing the wine             | j. that protects our teeth |

Drinking wine can rot your teeth – 22nd October, 2009

# WHILE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

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

Drinking wine can damage your teeth. That's the \_\_\_\_\_ of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the \_\_\_\_\_ of eight red and eight white wines on teeth from men and women \_\_\_\_\_ between 40 to 65. They discovered all of the wines damaged the enamel that \_\_\_\_\_ our teeth. This makes our teeth more \_\_\_\_\_ to hot and cold food and drinks. It also means the teeth will \_\_\_\_\_ quicker if someone drinks coffee. The research team said white wine causes more damage than red. The \_\_\_\_\_ in white wines attacks the enamel and wears it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers \_\_\_\_\_ thought red wine was worse for your teeth.

*sensitive*

*aged*

*previously*

*protects*

*conclusion*

*effects*

*acid*

*stain*

The research has been \_\_\_\_\_ in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the \_\_\_\_\_ of this study, it can be predicted that frequent consumption of white wines might lead to \_\_\_\_\_ dental erosion." The researchers did have some good news for wine lovers. They said food that is \_\_\_\_\_ in calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in \_\_\_\_\_ with drinking wine might have a beneficial effect on preventing dental erosion because cheese \_\_\_\_\_ calcium in a high concentration." Other factors can also help reduce the amount of erosion wine \_\_\_\_\_. Less frequent sips and swallowing the wine a little more quickly can help \_\_\_\_\_ your teeth.

*rich*

*causes*

*limits*

*combination*

*published*

*save*

*contains*

*severe*

Drinking wine can rot your teeth – 22nd October, 2009

More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com) - Copyright Sean Banville 2009

## LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

Drinking wine \_\_\_\_\_ teeth. That's the conclusion of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers \_\_\_\_\_ eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel \_\_\_\_\_ teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will \_\_\_\_\_ someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel \_\_\_\_\_. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers previously thought red wine \_\_\_\_\_ teeth.

The research \_\_\_\_\_ in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the limits of this study, it can be predicted that \_\_\_\_\_ of white wines might lead to severe dental erosion." The researchers did have some good news for wine lovers. They said food \_\_\_\_\_ can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or \_\_\_\_\_ drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can \_\_\_\_\_ amount of erosion wine causes. Less frequent sips and swallowing the wine a little more quickly \_\_\_\_\_ teeth.

Drinking wine can rot your teeth – 22nd October, 2009

More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com) - Copyright Sean Banville 2009

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

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

white	wine

- 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"><li>• conclusion</li><li>• aged</li><li>• sensitive</li><li>• stain</li><li>• wears</li><li>• worse</li></ul>	<ul style="list-style-type: none"><li>• journal</li><li>• frequent</li><li>• severe</li><li>• limit</li><li>• high</li><li>• save</li></ul>
---	---

# STUDENT TEETH SURVEY

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

Write five GOOD questions about teeth 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.



## TEETH 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 'teeth'?
- c) What condition are your teeth in?
- d) What do you do to look after your teeth?
- e) Are you surprised at what you read in this article?
- f) What do you eat or drink that is bad for your teeth?
- g) Would you stop drinking or eating things that are bad for your teeth?
- h) How important is having white teeth to you?
- i) Do you think this article will reduce wine sales?
- j) What other things damage your teeth?

*Drinking wine can rot your teeth – 22nd October, 2009*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## TEETH DISCUSSION

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

- a) Did you like reading this article?
- b) Do you read journal articles or the science sections of newspapers?
- c) Why do you think scientists have taken so long to find this out?
- d) Do you think cheese is a good dessert?
- e) What do you think dental care will be like in 100 years?
- f) How would you feel if you had to wear dentures (false teeth)?
- g) In what way would you like your teeth to be better?
- h) Do you think it's important to have perfectly straight white teeth?
- i) Do you like going to the dentist?
- j) What questions would you like to ask Dr. Brita Willershausen?

# LANGUAGE – MULTIPLE CHOICE

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

Drinking wine can damage your teeth. That's the conclusion (1) \_\_\_\_\_ a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the (2) \_\_\_\_\_ of eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel that (3) \_\_\_\_\_ our teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will stain (4) \_\_\_\_\_ if someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel and (5) \_\_\_\_\_ it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers (6) \_\_\_\_\_ thought red wine was worse for your teeth.

The research has been published in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the (7) \_\_\_\_\_ of this study, it can be predicted that frequent consumption of white wines might lead to (8) \_\_\_\_\_ dental erosion." The researchers did have some good news for wine lovers. They said food that is rich (9) \_\_\_\_\_ calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in (10) \_\_\_\_\_ with drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can also help (11) \_\_\_\_\_ the amount of erosion wine causes. Less frequent (12) \_\_\_\_\_ and swallowing the wine a little more quickly can help save your teeth.

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

- |     |              |                |                |                 |
|-----|--------------|----------------|----------------|-----------------|
| 1.  | (a) for      | (b) by         | (c) on         | (d) of          |
| 2.  | (a) effects  | (b) affects    | (c) effective  | (d) affected    |
| 3.  | (a) protect  | (b) protects   | (c) protective | (d) protected   |
| 4.  | (a) quickly  | (b) quick      | (c) quicker    | (d) quicken     |
| 5.  | (a) wore     | (b) wearing    | (c) wears      | (d) wear        |
| 6.  | (a) previous | (b) previously | (c) preview    | (d) previews    |
| 7.  | (a) limit    | (b) limiting   | (c) limitless  | (d) limits      |
| 8.  | (a) severe   | (b) severely   | (c) sever      | (d) severs      |
| 9.  | (a) of       | (b) in         | (c) for        | (d) by          |
| 10. | (a) combined | (b) combining  | (c) combines   | (d) combination |
| 11. | (a) low      | (b) down       | (c) reduce     | (d) decreases   |
| 12. | (a) sips     | (b) slips      | (c) ships      | (d) skips       |

Drinking wine can rot your teeth – 22nd October, 2009

# WRITING

From <http://www.BreakingNewsEnglish.com/0910/091022-wine.html>

Write about **teeth** 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 wine. Share what you discover with your partner(s) in the next lesson.

**3. TEETH:** Make a poster about teeth. Include things that damage them and protect them. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. DENTIST:** Write a magazine article about the things that damage your teeth. Include an imaginary with a dentist.

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. Brita Willershausen. Ask her three questions about her research. Tell her three things you do to protect your teeth. 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. T      d. F      e. T      f. T      g. F      h. T

## SYNONYM MATCH:

- |               |              |
|---------------|--------------|
| 1. damage     | a. harm      |
| 2. tested     | b. examined  |
| 3. sensitive  | c. delicate  |
| 4. stain      | d. discolour |
| 5. previously | e. earlier   |
| 6. published  | f. printed   |
| 7. predicted  | g. forecast  |
| 8. frequent   | h. regular   |
| 9. beneficial | i. helpful   |
| 10. factors   | j. points    |

## PHRASE MATCH:

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1. Drinking wine can                | a. damage your teeth       |
| 2. wines damaged the enamel         | b. that protects our teeth |
| 3. teeth will stain quicker if      | c. someone drinks coffee   |
| 4. The acid in white wines          | d. attacks the enamel      |
| 5. Wine drinkers previously thought | e. red wine was worse      |
| 6. The research has                 | f. been published          |
| 7. lead to severe dental            | g. erosion                 |
| 8. food that is rich                | h. in calcium              |
| 9. cheese contains                  | i. calcium                 |
| 10. swallowing the wine             | j. a little more quickly   |

## GAP FILL:

### Drinking wine can rot your teeth

Drinking wine can damage your teeth. That's the **conclusion** of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the **effects** of eight red and eight white wines on teeth from men and women **aged** between 40 to 65. They discovered all of the wines damaged the enamel that **protects** our teeth. This makes our teeth more **sensitive** to hot and cold food and drinks. It also means the teeth will **stain** quicker if someone drinks coffee. The research team said white wine causes more damage than red. The **acid** in white wines attacks the enamel and wears it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers **previously** thought red wine was worse for your teeth.

The research has been **published** in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the **limits** of this study, it can be predicted that frequent consumption of white wines might lead to **severe** dental erosion." The researchers did have some good news for wine lovers. They said food that is **rich** in calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in **combination** with drinking wine might have a beneficial effect on preventing dental erosion because cheese **contains** calcium in a high concentration." Other factors can also help reduce the amount of erosion wine **causes**. Less frequent sips and swallowing the wine a little more quickly can help **save** your teeth.

## LANGUAGE WORK

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

Drinking wine can rot your teeth – 22nd October, 2009