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Level 0

An apple a day keeps the doctor away

28th December, 2013

<http://www.breakingnewsenglish.com/1312/131228-apples-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1312/131228-apples-0.html>

Eating an apple every day can stop a heart attack. Fewer people would have heart attacks and strokes if they ate an apple every day. There could be 11,000 fewer deaths in England. A doctor said it is important to eat healthy food. He said small changes in our diet "can make a real difference in preventing heart disease and stroke".

The phrase "an apple a day keeps the doctor away" is over 100 years ago. Scientists tell us that today. Apples lower cholesterol in our body. Cholesterol is bad for us. There are over 7,500 kinds of apples. China grows half of them. People eat apples raw. They also bake them, stew them, and make sauces and cakes with them.

Sources: <http://www.bbc.co.uk/news/health-25413939>
http://www.upi.com/Health_News/2013/12/30/An-apple-a-day-to-all-age-50-and-older-prevents-deaths/UPI-53131388456397/
<http://en.wikipedia.org/wiki/Apple>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1312/131228-apples-0.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|------------------------|
| 1. Eating an apple every day can | a. to eat healthy food |
| 2. Fewer people would have | b. every day |
| 3. if they ate an apple | c. stop a heart attack |
| 4. There could be 11,000 | d. difference |
| 5. it is important | e. disease and stroke |
| 6. small changes | f. heart attacks |
| 7. make a real | g. fewer deaths |
| 8. preventing heart | h. in our diet |

PARAGRAPH TWO:

- | | |
|-----------------------------|--------------------|
| 1. an apple a day keeps | a. us that today |
| 2. over 100 | b. of them |
| 3. Scientists tell | c. for us |
| 4. Apples lower cholesterol | d. kinds of apples |
| 5. Cholesterol is bad | e. the doctor away |
| 6. There are over 7,500 | f. cakes with them |
| 7. China grows half | g. years ago |
| 8. make sauces and | h. in our body |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1312/131228-apples-0.html>

Eating an apple (1) _____ stop a heart attack.

Fewer people would have heart (2) _____ if

they ate an apple every day. (3) _____ 11,000

fewer deaths in England. A doctor said

(4) _____ eat healthy food. He said small

(5) _____ diet "can make a real difference in

preventing (6) _____ stroke".

The phrase "an (7) _____ keeps the doctor

away" is over (8) _____. Scientists tell us that

today. Apples (9) _____ in our body.

Cholesterol is bad for us. There are (10) _____

of apples. China grows half of them. People

(11) _____. They also bake them, stew them,

(12) _____ and cakes with them.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1312/131228-apples-0.html>

Eatinganappleeverydaycanstopaheartattack.Fewerpeoplewouldhaveheartatta
cksandstrokesiftheyateanappleeveryday.Therewouldbe11,000fewerdeathsinE
ngland.Adoctorsaiditisimportanttoeathealthyfood.Hesaidsmallchangesinourdi
et"canmakearealdifferenceinpreventingheartdiseaseandstroke".Thephrase"an
appleadaykeepsthedoctoraway"isover100yearsago.Scientiststellusthattoday.
Appleslowercholesterolinourbody.Cholesterolisbadforus.Thereareover7,500ki
nds ofapples.Chinagrowshalfofthem.Peopleeatapplesraw.Theyalsobakethem,s
tewthem,andmakesaucesandcakeswiththem.

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) _____

