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Level 1

An apple a day keeps the doctor away

28th December, 2013

<http://www.breakingnewsenglish.com/1312/131228-apples-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1312/131228-apples-1.html>

Oxford University says eating an apple every day can stop a heart attack. Researchers said if people over 50 years old ate an apple every day, fewer people would have heart attacks and strokes. There could be 11,000 fewer deaths in England if adults ate more fruit. Dr Adam Briggs said healthier eating is good for our health. He said small changes in diet and healthier living "can make a real difference in preventing heart disease and stroke".

People knew the phrase "an apple a day keeps the doctor away" over 100 years ago. They knew that apples were good for us. Scientists tell us the same thing today. Apples help lower cholesterol in our bodies. Cholesterol can give us a heart attack. There are over 7,500 kinds of apples. China grows nearly 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-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|------------------------|
| 1. eating an apple every day can | a. for our health |
| 2. people over | b. difference |
| 3. There could be 11,000 | c. 50 years old |
| 4. healthier eating is good | d. in diet |
| 5. small changes | e. disease and stroke |
| 6. healthier | f. fewer deaths |
| 7. make a real | g. stop a heart attack |
| 8. preventing heart | h. living |

PARAGRAPH TWO:

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

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1312/131228-apples-1.html>

Oxford University says eating (1) _____ can stop a heart attack. Researchers said if (2) _____ old ate an apple every day, (3) _____ have heart attacks and strokes. There could be 11,000 fewer deaths in England (4) _____ fruit. Dr Adam Briggs said healthier eating is (5) _____. He said small changes in diet and healthier living "can (6) _____ in preventing heart disease and stroke".

People knew the phrase "an apple a day (7) _____" over 100 years ago. They knew that apples (8) _____. Scientists tell us the same thing today. Apples help (9) _____ in our bodies. Cholesterol can (10) _____ attack. There are over 7,500 kinds of apples. China grows (11) _____. People eat apples raw. They also bake them, stew them, and make (12) _____ with them.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1312/131228-apples-1.html>

Oxford University says eating an apple every day can stop a heart attack. Researchers said if people over 50 years old ate an apple every day, fewer people would have heart attacks and strokes. There could be 11,000 fewer deaths in England if adults ate more fruit. Dr Adam Briggs said healthier eating is good for our health. He said small changes in diet and healthier living "can make a real difference in preventing heart disease and stroke". People knew the phrase "an apple a day keeps the doctor away" over 100 years ago. They knew that apples were good for us. Scientists still tell us the same thing today. Apples help lower cholesterol in our bodies. Cholesterol can give us a heart attack. There are over 7,500 kinds of apples. China grows nearly half of them. People eat apples raw. They also bake them, stew them, and make sauces and cakes with them.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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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)

g)

h)

WRITING

From <http://www.breakingnewsenglish.com/1312/131228-apples-1.html>

Write about **apples** for 10 minutes. Comment on your partner's paper.
