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Level 2

An apple a day keeps the doctor away

28th December, 2013

<http://www.breakingnewsenglish.com/1312/131228-apples-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1312/131228-apples-2.html>

Oxford University says eating an apple every day can keep a heart attack away. The researchers said if English people over 50 years old ate an apple every day, 8,500 fewer people would die from heart attacks and strokes. They said if all adults ate more fruit and vegetables every day, there would be 11,000 fewer deaths in England. Dr Adam Briggs explained that healthier eating can have big effects on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs and healthier living can make a real difference in preventing heart disease and stroke."

The phrase "an apple a day keeps the doctor away" came into the English language over 100 years ago. People then knew that apples were good for us. Scientists in the 21st century still tell us the same thing. Apples help lower cholesterol in our bodies. Too much cholesterol can give us a heart attack. There are over 7,500 different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grew nearly half of them. The USA grows around six per cent of the world's apples. People eat apples raw, or they 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>

MATCHING

From <http://www.breakingnewsenglish.com/1312/131228-apples-2.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-----------------------------|
| 1. eating an apple every day can | a. living |
| 2. if all adults ate more | b. fewer deaths |
| 3. there would be 11,000 | c. difference |
| 4. have big | d. keep a heart attack away |
| 5. small changes | e. disease and stroke |
| 6. healthier | f. fruit and vegetables |
| 7. make a real | g. in diet |
| 8. preventing heart | h. effects on our health |

PARAGRAPH TWO:

- | | |
|-----------------------------------|----------------------------|
| 1. an apple a day keeps | a. apples were good for us |
| 2. over | b. kinds of apples |
| 3. People then knew that | c. in our bodies |
| 4. Scientists | d. cakes with them |
| 5. Apples help lower cholesterol | e. the doctor away |
| 6. There are over 7,500 different | f. nearly half of them |
| 7. China grew | g. in the 21st century |
| 8. make sauces and | h. 100 years ago |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1312/131228-apples-2.html>

Oxford University (1) _____ apple every day can keep a heart attack away. The researchers said if English people over 50 years (2) _____ every day, 8,500 fewer people would die from heart (3) _____. They said if all adults ate more fruit and vegetables every day, there would be 11,000 (4) _____ England. Dr Adam Briggs explained that healthier eating can have big effects on our health. He said: "It just (5) _____ small changes in diet can be, and that both drugs and healthier living can make a real (6) _____ heart disease and stroke."

The phrase " (7) _____ keeps the doctor away" came into the English language over 100 years ago. People then knew that apples (8) _____. Scientists in the 21st century still tell (9) _____. Apples help lower cholesterol in our bodies. Too much cholesterol can give us a heart attack. There are (10) _____ kinds of apples. In 2010, we ate 69 million (11) _____. China grew nearly half of them. The USA grows around six per cent of the world's apples. People eat apples raw, or they bake them, stew them, (12) _____ cakes with them.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1312/131228-apples-2.html>

Oxford University says eating an apple every day can keep a heart attack away. There are researchers who said if English people over 50 years old ate an apple every day, 8,500 fewer people would die from heart attacks and strokes. They said if all adults ate more fruit and vegetables every day, there would be 11,000 fewer deaths in England. Dr Adam Briggs explained that the healthier eating can have big effects on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs and healthier living can make a real difference in preventing heart disease and stroke." The phrase "an apple a day keeps the doctor away" came into the English language over 100 years ago. People then knew that apples were good for us. Scientists in the 21st century still tell us the same thing. Apples help lower cholesterol in our bodies. Too much cholesterol can give us a heart attack. There are over 7,500 different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grew nearly half of them. The USA grows around six percent of the world's apples. People eat apples raw, or they 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-2.html>

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