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Level 5

7 portions of fruit & vegetables a day best

3rd April, 2014

<http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-5.html>



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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables.html>

For years, we have been told that five portions of fruit and vegetables are enough to keep disease away and help us to live longer. That advice has been revised upwards. Five a day has become seven a day. A new study suggests that people who eat seven or more portions a day are healthier. Researchers studied the dietary habits of 65,000 adults over seven years. They said that there was a strong "inverse association" between fruit and vegetable consumption and mortality with people who eat up to 7-plus portions. If you eat more fruit and veg, you could live longer.

The researchers put people into five different groups, depending on what they ate. Those who ate seven or more portions a day had a 42 per cent lower risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets display cheaper produce. They warned that frozen and canned fruit was bad for you. Some experts questioned the findings of the study. One dietician said the study ignored the fact that people who eat more fruit and veg are usually richer, so they lead lifestyles that will help them live longer.

Sources: <http://www.newscientist.com/article/dn25338-five-a-day-is-not-enough-fruit-and-veg-for-best-health.html#.UzpcTV4uKHA>
<http://jech.bmj.com/content/early/2014/03/03/jech-2013-203500>
<http://www.livescience.com/44504-fruits-vegetables-servings-mortality.html>

MATCHING

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|--------------------------|
| 1. enough to keep | a. association |
| 2. help us to | b. portions a day |
| 3. That advice has been | c. up to 7 |
| 4. seven or more | d. live longer |
| 5. dietary | e. you could live longer |
| 6. a strong inverse | f. revised upwards |
| 7. people who eat | g. habits |
| 8. If you eat more fruit and veg, | h. disease away |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-------------------------------|
| 1. The researchers put people | a. risk of death |
| 2. a 42 per cent lower | b. serve healthier meals |
| 3. They recommended that schools | c. them live longer |
| 4. supermarkets display | d. fruit |
| 5. canned | e. are usually richer |
| 6. the study ignored | f. into five different groups |
| 7. people who eat more fruit and veg | g. cheaper produce |
| 8. lead lifestyles that will help | h. the fact |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables.html>

For years, (1) _____ that five portions of fruit and vegetables are enough to (2) _____ and help us to live longer. That advice has (3) _____. Five a day has become seven a day. A new study suggests that people who eat seven or more (4) _____ healthier. Researchers studied the dietary habits of 65,000 adults over seven years. They said that there was a strong "inverse association" between fruit and (5) _____ and mortality with people who eat up to 7-plus portions. (6) _____ and veg, you could live longer.

The researchers put people (7) _____ groups, depending on what they ate. Those who ate seven or more portions a day had a 42 per cent (8) _____ than those who ate just one portion. They recommended that (9) _____ meals and that supermarkets display cheaper produce. They warned that frozen and canned fruit was bad for you. Some experts (10) _____ of the study. One dietician said the study (11) _____ that people who eat more fruit and veg are usually richer, so they lead lifestyles that (12) _____.

FRUIT AND VEGETABLES SURVEY

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables.html>

Write five GOOD questions about fruit and vegetables 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.

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) _____

