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## **Level 5**

# **Children can learn to eat vegetables**

**2nd June, 2014**

<http://www.breakingnewsenglish.com/1406/140602-vegetables.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/1406/140602-vegetables.html>

Parents often find getting kids to eat their greens is a constant battle. Usually, young children refuse to eat vegetables with a vengeance. This can lead to a poor diet. A new study from the U.K. suggests parents can train their children to like vegetables. Children under the age of two can get to like vegetables if they are offered them five to ten times. Researchers said even fussy eaters will eat vegetables after repeated exposure. This is good news for parents who are worried about what their children eat and their levels of nutrition.

The study was done on 332 children aged between four months and three years. Each child had between five and 10 servings of 100g of artichoke puree. The younger children ate more of it than the older children. A professor said: "If they are under two they will eat new vegetables because they tend to be willing and open to new experiences. After 24 months, children become reluctant to try new things and start to reject foods - even those they previously liked." She added: "If you want to encourage your children to eat vegetables, make sure you start early and often."

Sources: <http://www.bbc.com/news/health-27635861>  
[http://www.science20.com/news\\_articles/start\\_them\\_early\\_give\\_them\\_often\\_if\\_you\\_want\\_kids\\_to\\_like\\_vegetables-137487](http://www.science20.com/news_articles/start_them_early_give_them_often_if_you_want_kids_to_like_vegetables-137487)  
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0097609>

# MATCHING

From <http://www.breakingnewsenglish.com/1406/140602-vegetables.html>

## PARAGRAPH ONE:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. getting kids to eat their greens | a. five to ten times    |
| 2. with a                           | b. for parents          |
| 3. This can lead                    | c. is a constant battle |
| 4. parents can train their children | d. of nutrition         |
| 5. if they are offered them         | e. to a poor diet       |
| 6. even fussy                       | f. vengeance            |
| 7. This is good news                | g. eaters will eat      |
| 8. their levels                     | h. to like vegetables   |

## PARAGRAPH TWO:

- |                              |                      |
|------------------------------|----------------------|
| 1. The study was done        | a. puree             |
| 2. between five and 10       | b. to try new things |
| 3. 100g of artichoke         | c. to eat vegetables |
| 4. they tend                 | d. on 332 children   |
| 5. open to                   | e. early and often   |
| 6. children become reluctant | f. to be willing     |
| 7. encourage your children   | g. new experiences   |
| 8. make sure you start       | h. servings          |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1406/140602-vegetables.html>

Parents often find getting kids to eat their greens

(1) \_\_\_\_\_. Usually, young children refuse to eat vegetables

(2) \_\_\_\_\_. This can (3) \_\_\_\_\_. A new

study from the U.K. suggests (4) \_\_\_\_\_ children to like

vegetables. Children under the age of two can get to like vegetables if they

are offered them five to ten times. Researchers said

(5) \_\_\_\_\_ will eat vegetables after repeated exposure. This

is good news for parents who are worried about what their children eat and

their (6) \_\_\_\_\_.

The study was done on 332 children aged between four months and three

years. Each child had between (7) \_\_\_\_\_ of 100g of

artichoke puree. The younger children (8) \_\_\_\_\_ the older

children. A professor said: "If they are under two they will eat new

vegetables because they (9) \_\_\_\_\_ and open to new

experiences. After 24 months, children (10) \_\_\_\_\_ try new

things and start to reject foods - even those (11) \_\_\_\_\_."

She added: "If you want to encourage your children to eat vegetables, make

sure you (12) \_\_\_\_\_."

# VEGETABLES SURVEY

From <http://www.breakingnewsenglish.com/1406/140602-vegetables.html>

Write five GOOD questions about 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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)

# FREE WRITING

From <http://www.breakingnewsenglish.com/1406/140602-vegetables.html>

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

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