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## **Level 5**

### **Broccoli and avocado slow down aging**

**1st November, 2016**

<http://www.breakingnewsenglish.com/1611/161101-aging-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1611/161101-aging-5.html>

Help may be here if you want to keep the wrinkles and grey hair away and slow down the aging process. New research says that eating green vegetables can delay the signs of aging. Researchers say that broccoli and avocado in particular have a compound that slows down the rate we age at. It is also in green fruit and is called NMN. It helps slow down the signs of getting old. Scientists say NMN can also refresh the metabolism. It helps restore levels of energy production in our body that weaken as we age. It also helps reduce weight gain and the worsening of our vision.

The research is from the USA's Washington University School of Medicine. Professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said NMN reduced usual signs of aging. These include weaker muscles, poor liver function, lower bone density and poorer eyesight. The reason our metabolism changes over time and leads to reduced energy levels has been a puzzle for decades. This latest research casts new light on this.

Sources: <http://www.foxnews.com/health/2016/10/28/compound-in-broccoli-may-slow-signs-aging.html>  
<http://www.techtimes.com/articles/184088/20161029/natural-compound-derived-from-broccoli-avocado-shows-promise-in-reducing-signs-of-aging.htm>  
<http://www.dailymail.co.uk/health/article-3879000/Why-BROCCOLI-reverse-signs-aging-Compound-vegetable-slows-vision-loss-middle-age-spread.html>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1611/161101-aging-5.html>

## PARAGRAPH ONE:

- |                                   |                  |
|-----------------------------------|------------------|
| 1. Help may be                    | a. process       |
| 2. keep the wrinkles and grey     | b. production    |
| 3. slow down the aging            | c. we age at     |
| 4. vegetables can delay the signs | d. of our vision |
| 5. slows down the rate            | e. old           |
| 6. getting                        | f. here          |
| 7. energy                         | g. of aging      |
| 8. the worsening                  | h. hair away     |

## PARAGRAPH TWO:

- |                                      |                  |
|--------------------------------------|------------------|
| 1. We have shown a                   | a. levels        |
| 2. slow the physiological            | b. eyesight      |
| 3. older                             | c. decline       |
| 4. energy                            | d. light on this |
| 5. resembling that of                | e. way           |
| 6. poorer                            | f. over time     |
| 7. The reason our metabolism changes | g. mice          |
| 8. This latest research casts new    | h. younger mice  |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1611/161101-aging-5.html>

Help (1) \_\_\_\_\_ you want to keep the wrinkles and grey hair away and slow down (2) \_\_\_\_\_. New research says that eating green vegetables can delay (3) \_\_\_\_\_. Researchers say that broccoli and avocado in particular have a compound that slows down the (4) \_\_\_\_\_. It is also in green fruit and is called NMN. It helps slow down the (5) \_\_\_\_\_ old. Scientists say NMN can also refresh the metabolism. It helps restore levels of energy production in our body that (6) \_\_\_\_\_. It also helps reduce weight gain and the worsening of our vision.

The (7) \_\_\_\_\_ the USA's Washington University School of Medicine. Professor Shinichiro Imai said: "We (8) \_\_\_\_\_ way to slow the physiological decline (9) \_\_\_\_\_ aging mice. This means older mice have metabolism and energy (10) \_\_\_\_\_ that of younger mice." Professor Imai said NMN reduced usual signs of aging. These include weaker muscles, (11) \_\_\_\_\_, lower bone density and poorer eyesight. The reason our metabolism changes over time and leads to reduced energy levels has (12) \_\_\_\_\_ decades. This latest research casts new light on this.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1611/161101-aging-5.html>

Help may be here if you want to keep the wrinkles and grey hair away and slow down the aging process. New research says that eating green vegetables can delay the signs of aging. Researchers say that broccoli and avocado in particular have a compound that slows down the rate we age. It is also found in green fruit and is called NMN. It helps slow down the signs of getting old. Scientists say NMN can also refresh the metabolism. It helps restore levels of energy production in our body that weaken as we age. It also helps reduce weight gain and the worsening of our vision. The research is from the USA's Washington University School of Medicine. Professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said NMN reduced several signs of aging. These include weaker muscles, poor liver function, lower bone density and poorer eyesight. The reason our metabolism changes over time and leads to reduced energy levels has been a puzzle for decades. This latest research casts new light on this.

# AGING SURVEY

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

Write five GOOD questions about aging 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) \_\_\_\_\_

*Broccoli and avocado slow down aging – 1st November, 2016*  
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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) \_\_\_\_\_

