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Level 4

You are what you eat, say scientists

20th December, 2017

<https://breakingnewsenglish.com/1712/171220-food-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

Scientists have looked at how our diet changes our mental health. What we eat affects our brain until we are 30. This explains why older adults are more emotionally stable. The lead researcher was a professor of health and wellness studies. She said people knew that diet affected diabetes, heart disease and obesity, but not that it affected our mental health. She suggested that mental well-being led to healthy eating and exercising.

The research was carried out anonymously. A survey was sent via professional and social networks. Researchers found that adults under 30 who ate fast food more than three times a week had higher levels of anxiety and depression. For adults over 30, eating less carbohydrates and more fruit reduced these conditions. The researchers said a Mediterranean diet was as good for our brain as for our body. It has things that are important for a healthy brain.

Sources: <http://www.tandfonline.com/doi/full/10.1080/1028415X.2017.1411875>
<https://www.theguardian.com/lifeandstyle/2017/dec/18/can-food-change-your-mood-mental-wellbeing>
<http://www.centralvalleybusinesstimes.com/stories/001/?ID=33817>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-----------------------|
| 1. how our diet changes our | a. being |
| 2. What we eat affects our brain | b. studies |
| 3. older adults are more | c. and obesity |
| 4. health and wellness | d. exercising |
| 5. people knew that diet affected | e. emotionally stable |
| 6. heart disease | f. mental health |
| 7. mental well- | g. diabetes |
| 8. healthy eating and | h. until we are 30 |

PARAGRAPH TWO:

- | | |
|-----------------------------|--------------------|
| 1. The research was carried | a. ate fast food |
| 2. professional and | b. carbohydrates |
| 3. adults under 30 who | c. and depression |
| 4. more than three | d. social networks |
| 5. higher levels of anxiety | e. as for our body |
| 6. eating less | f. out anonymously |
| 7. as good for our brain | g. brain |
| 8. important for a healthy | h. times a week |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

Scientists have looked (1) _____ diet changes our mental health. What we eat affects our brain (2) _____ 30. This (3) _____ adults are more emotionally stable. The lead researcher (4) _____ of health and wellness studies. She said people (5) _____ affected diabetes, heart disease and obesity, but not that it affected our mental health. She suggested that mental well-being (6) _____ eating and exercising.

The research (7) _____ anonymously. A survey was sent via professional and social networks. Researchers (8) _____ under 30 (9) _____ food more than three times a week had higher levels (10) _____ depression. For adults over 30, eating less carbohydrates and more (11) _____ conditions. The researchers said a Mediterranean diet was as good for our brain as for our body. It has (12) _____ important for a healthy brain.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

Scientists have looked at how our diet changes our mental health. What we eat affects our brain until we are 30. This explains why older adults are more emotionally stable. The lead researcher was a professor of health and wellness studies. She said people knew that diet affected diabetes, heart disease and obesity, but not that it affected our mental health. She suggested that mental well-being led to healthy eating and exercising. The research was carried out anonymously. A survey was sent via professional and social networks. Researchers found that adults under 30 who ate fast food more than three times a week had higher levels of anxiety and depression. For adults over 30, eating less carbohydrates and more fruit reduced these conditions. The researchers said a Mediterranean diet was as good for our brains as for our body. It has things that are important for a healthy brain.

FOOD AND MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

Write five GOOD questions about food and mental health 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) _____

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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) _____

