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**Level 4 – 11th November, 2020**

## **Poor diet creates 20cm height gap in children**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2011/201111-diet-and-height-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/2011/201111-diet-and-height-4.html>

Poor diet may be why there is an average gap of 20cm between the world's tallest and shortest children. Researchers analysed the Body Mass Index (BMI) of millions of children and teenagers worldwide. They looked at their height and weight. The world's tallest teenagers were 183cm and lived in the Netherlands; the shortest were 160cm and lived in East Timor. European children were the tallest. The shortest lived in Asia, Latin America and East Africa.

The comprehensive study looked at data from 65 million children aged five to 19 years old in 193 countries. The team warned that a lack of quality food and nutrition was a major factor behind slower growth and obesity. Better diets increased the height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The report suggested countries adopt policies that encouraged healthier eating, but to be aware of weight gain.

Sources: <https://www.bbc.com/news/health-54828544>  
<https://www.imperial.ac.uk/news/207893/poor-nutrition-school-years-have-created/>  
<https://www.tvnz.co.nz/one-news/world/poor-diet-may-contribute-20cm-height-gap-between-tallest-and-shortest-nations-study>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-4.html>

## PARAGRAPH ONE:

- |                             |                      |
|-----------------------------|----------------------|
| 1. Poor diet may be         | a. America           |
| 2. an average gap           | b. Body Mass Index   |
| 3. the world's tallest and  | c. 160cm             |
| 4. Researchers analysed the | d. shortest children |
| 5. children and teenagers   | e. teenagers         |
| 6. The world's tallest      | f. why               |
| 7. the shortest were        | g. worldwide         |
| 8. Latin                    | h. of 20cm           |

## PARAGRAPH TWO:

- |                                 |                        |
|---------------------------------|------------------------|
| 1. comprehensive                | a. healthier eating    |
| 2. data from                    | b. growth              |
| 3. a lack of                    | c. of weight gain      |
| 4. a major factor behind slower | d. height of children  |
| 5. Better diets increased the   | e. study               |
| 6. suggested countries          | f. 65 million children |
| 7. encouraged                   | g. adopt policies      |
| 8. be aware                     | h. quality             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-4.html>

Poor diet may be why there is (1) \_\_\_\_\_ of 20cm between the world's tallest (2) \_\_\_\_\_. Researchers analysed the Body Mass Index (BMI) of (3) \_\_\_\_\_ and teenagers worldwide. They looked at their height and weight. The world's (4) \_\_\_\_\_ 183cm and lived in the Netherlands; the shortest were 160cm and lived (5) \_\_\_\_\_. European children were the tallest. The (6) \_\_\_\_\_ Asia, Latin America and East Africa.

The comprehensive study (7) \_\_\_\_\_ from 65 million children aged five to 19 years old in 193 countries. The team warned that a (8) \_\_\_\_\_ food and nutrition was a major factor behind slower (9) \_\_\_\_\_. Better diets increased the height of children in China. Nineteen-year-old (10) \_\_\_\_\_ 8cm taller in 2019 than in 1985. The report suggested (11) \_\_\_\_\_ that encouraged healthier eating, but to be aware (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-4.html>

Poor diet may be why there is an average gap of 20cm between the world's tallest and shortest children. Researchers analysed the Body Mass Index (BMI) of millions of children and teenagers worldwide. They looked at their height and weight. The world's tallest teenagers were 183cm and lived in the Netherlands; the shortest were 160cm and lived in East Timor. European children were the tallest. The shortest lived in Asia, Latin America and East Africa. The comprehensive study looked at data from 65 million children aged five to 19 years old in 193 countries. The team warned that a lack of quality food and nutrition was a major factor behind slower growth than obesity. Better diets increased the height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The reports suggested countries adopt policies that encouraged healthier eating, but to be aware of weight gain.

# DIET AND HEIGHT SURVEY

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-4.html>

Write five GOOD questions about diet and height 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) \_\_\_\_\_

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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) \_\_\_\_\_

