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**Level 2 – 31st July, 2021**

## **Flavonoids can cut the risk of dementia by a third**

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

<https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

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**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

We are living longer, so there are more people with mental illnesses like dementia. Researchers found that food can cut the chances of getting dementia. In particular, food with flavonoids could reduce the chances of getting dementia by a third. Flavonoids give fruit and vegetables their bright colours. They increase the amount of oxygen going to the brain. Produce such as blueberries, oranges, peppers and strawberries contain flavonoids. Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett studied the eating habits and mental health of 77,000 middle-aged people for 20 years. He found that people who ate more flavonoids were less likely to show signs of cognitive decline. He said people who ate more flavonoid-rich food were 38 per cent less likely to get dementia. This means older people could feel up to four years younger. Dr Willett said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Sources: <https://www.medicalnewstoday.com/articles/colorful-fruit-and-veg-may-reduce-risk-of-cognitive-decline#Subjective-cognitive-decline>  
<https://edition.cnn.com/2021/07/28/health/flavonoid-cognitive-decline-study-wellness/index.html>  
<https://www.mirror.co.uk/news/uk-news/healthy-diet-could-cut-risk-24638889>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

## PARAGRAPH ONE:

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. more people with mental illnesses | a. term brain health   |
| 2. cut the                           | b. like dementia       |
| 3. reduce the chances of getting     | c. blueberries         |
| 4. the amount of oxygen going        | d. in flavonoids       |
| 5. produce such as                   | e. to the brain        |
| 6. peppers and strawberries          | f. chances             |
| 7. A colourful diet rich             | g. contain flavonoids  |
| 8. long-                             | h. dementia by a third |

## PARAGRAPH TWO:

- |                        |                         |
|------------------------|-------------------------|
| 1. eating              | a. get dementia         |
| 2. 77,000 middle-      | b. to show signs        |
| 3. less likely         | c. skills               |
| 4. people who ate more | d. of cognitive decline |
| 5. less likely to      | e. four years younger   |
| 6. feel up to          | f. habits               |
| 7. thinking            | g. flavonoid-rich food  |
| 8. lower the risk      | h. aged people          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

We (1) \_\_\_\_\_, so there are more people with mental illnesses like dementia. Researchers found that food can cut (2) \_\_\_\_\_ getting dementia. In particular, food with flavonoids could reduce the chances of getting dementia by a third. Flavonoids give fruit and vegetables (3) \_\_\_\_\_. They increase the amount (4) \_\_\_\_\_ to the brain. Produce such as blueberries, (5) \_\_\_\_\_ strawberries contain flavonoids. Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be (6) \_\_\_\_\_ for promoting long-term brain health."

Dr Willett studied the (7) \_\_\_\_\_ mental health of 77,000 middle-aged people for 20 years. He found that people who ate more flavonoids were (8) \_\_\_\_\_ show signs of cognitive decline. He said people (9) \_\_\_\_\_ flavonoid-rich food were 38 per cent less likely to get dementia. This means older people could (10) \_\_\_\_\_ four years younger. Dr Willett said: "Flavonoids are powerhouses when it comes to preventing your (11) \_\_\_\_\_ declining as you get older. Adding colour to your plate may lower the (12) \_\_\_\_\_ decline."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

We are living longer, so there are more people with mental illnesses like dementia. Researchers found that food can cut the chances of getting dementia. In particular, food with flavonoids could reduce the chances of getting dementia by a third. Flavonoids give fruit and vegetables their bright colours. They increase the amount of oxygen going to the brain. Produces such as blueberries, oranges, peppers and strawberries contain flavonoids. Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seem to be a good bet for promoting long-term brain health. "Dr Willett studied the eating habits and mental health of 77,000 middle-aged people for 20 years. He found that people who ate more flavonoids were less likely to show signs of cognitive decline. He said people who ate more flavonoid-rich food were 38 percent less likely to get dementia. This means older people could feel up to four years younger. Dr Willett said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

# FLAVONOIDS SURVEY

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

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

*Flavonoids can cut the risk of dementia by a third – 31st July, 2021*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-2.html>

Write about **flavonoids** for 10 minutes. Read and talk about your partner's paper.

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