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Level 3 – 5th January 2023

Drinking water often helps us to live longer

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<https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the source of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and to living longer. The study is from the National Institutes of Health in the USA. Researchers found that people who drank a lot of water every day were healthier and lived longer than those who didn't. The research team said people who stay well hydrated developed fewer serious health problems and age-related illnesses, like heart and lung disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to show signs of ageing.

The researchers looked at health data from 11,255 adults over a 30-year period. They analyzed the information of patients who had visited a hospital at least five times. The first three times were when the patients were in their 50s, and the last two times were when they were aged between 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and juice, and fruit and vegetables with a high water content. She added that half of people worldwide do not drink enough. The average adult needs to drink at least 1.5 litres of water every day.

Sources: <https://neurosciencenews.com/hydration-aging-22156/>
<https://www.telegraph.co.uk/news/2023/01/02/drink-water-could-help-live-longer/>
<https://nypost.com/2023/01/02/dehydration-in-middle-age-increases-death-risk-20/>

WARM-UPS

1. STAYING HYDRATED: Students walk around the class and talk to other students about staying hydrated. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

water / life / plant / insect / animal / human / health / illnesses / heart disease / lung information / hospital / patients / researcher / hydration / juice / fruit / vegetables

Have a chat about the topics you liked. Change topics and partners frequently.

3. WATER NOT WAR: Students A **strongly** believe governments should spend money on water for people instead of on weapons of war; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. SOURCES OF LIFE: How important are these things in our lives? What would you do without them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	If They Weren't There
Water		
Heat		
Vegetables		
Internet		
Friends		
English		

5. ADULT: Spend one minute writing down all of the different words you associate with the word "adult". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. LIQUIDS: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- Water
- Honey
- Lemon juice
- Milk
- Coconut water
- Coffee
- Coke
- Energy drinks

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. source | a. A place, person, or thing from which something originates or can be obtained. |
| 2. plant | b. One of the two parts of the body that take in air in the body. |
| 3. highlight | c. A living organism such as trees, shrubs, herbs, grasses, ferns, and mosses. |
| 4. hydrated | d. Grew or caused to grow. |
| 5. developed | e. Draw special attention to. |
| 6. lung | f. Took in water in the body. |
| 7. ageing | g. The process of growing old. |

Paragraph 2

- | | |
|----------------|--|
| 8. data | h. Real and genuine; in its true form. |
| 9. analyzed | i. Not less than. |
| 10. patient | j. Facts and statistics collected together to look at or to analyze. |
| 11. at least | k. Gave support, confidence, or hope to someone. |
| 12. proper | l. Examined something in detail, usually in order to explain and interpret it. |
| 13. encouraged | m. Any liquid, such as water, blood, honey, gasoline, mercury, etc. |
| 14. fluid | n. A person getting or having medical treatment. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says water is the sauce of life. **T / F**
2. The research is from an institute of health in the UK. **T / F**
3. Researchers said people who drink lots of water get less lung disease. **T / F**
4. Drinking water means you look younger. **T / F**
5. Researchers looked at health data from over 11,500 adults. **T / F**
6. Researchers looked at data from people who went to hospital 10 times. **T / F**
7. A researcher said vegetables with a lot of water were good for us. **T / F**
8. Around 65% of people worldwide do not drink enough water. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|---------------|
| 1. survive | a. probable |
| 2. highlights | b. diseases |
| 3. study | c. examined |
| 4. illnesses | d. normal |
| 5. likely | e. focuses on |
| 6. data | f. correct |
| 7. analyzed | g. live |
| 8. proper | h. lengthen |
| 9. prolong | i. research |
| 10. average | j. statistics |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|---------------------------------|
| 1. water is the source | a. not drink enough |
| 2. No plant, insect, animal or human | b. signs of ageing |
| 3. people who stay | c. to drink at least 1.5 litres |
| 4. age-related illnesses, like heart | d. down ageing |
| 5. adults were also more likely to show | e. can survive without it |
| 6. when the patients were | f. like water and juice |
| 7. proper hydration may slow | g. well hydrated |
| 8. drink more fluids, | h. of life on Earth |
| 9. half of people worldwide do | i. in their 50s |
| 10. The average adult needs | j. and lung disease |

GAP FILL

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the (1) _____ of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how (2) _____ it is to our health and to living longer. The (3) _____ is from the National Institutes of Health in the USA. Researchers found that people who (4) _____ a lot of water every day were healthier and lived longer than those who didn't. The research team said people who stay well (5) _____ developed (6) _____ serious health problems and age-related illnesses, like heart and lung disease. They added that adults who did not drink enough water were more (7) _____ to die at a younger age. These adults were also more likely to show (8) _____ of ageing.

study
hydrated
signs
important
likely
source
drank
fewer

The researchers looked at health (9) _____ from 11,255 adults over a 30-year period. They analyzed the information of (10) _____ who had visited a hospital at least five times. The first three times were when the patients were in their (11) _____, and the last two times were when they were (12) _____ between 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results (13) _____ that proper hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more (14) _____, like water and juice, and fruit and vegetables with a high water (15) _____. She added that half of people worldwide do not drink enough. The (16) _____ adult needs to drink at least 1.5 litres of water every day.

50s
suggest
data
average
aged
content
patients
fluids

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

- 1) No plant, insect, animal or human can _____
 - a. survive within it
 - b. survive wither it
 - c. survive weed out it
 - d. survive without it
- 2) The research team said people who stay well _____
 - a. hydrate it developed fewer
 - b. hydrated developed fewer
 - c. hydrated develop fewer
 - d. hydrangea developed fewer
- 3) health problems and age-related illnesses, like heart _____
 - a. and wrung disease
 - b. and lung disease
 - c. and sung disease
 - d. and rung disease
- 4) adults who did not drink enough water were more _____
 - a. likely to dine
 - b. likely to dye
 - c. likely to day
 - d. likely to die
- 5) These adults were also more likely to show _____
 - a. signs of agreeing
 - b. signs of ageist
 - c. signs of ageing
 - d. signs of again
- 6) researchers looked at health data from 11,255 adults over a _____
 - a. 30-year period
 - b. 30-years period
 - c. 30-year periods
 - d. 30-years periods
- 7) the information of patients who had visited a hospital at _____
 - a. lest five times
 - b. last five times
 - c. lust five times
 - d. least five times
- 8) She encouraged people to _____
 - a. drank more fluids
 - b. drink more fluids
 - c. brink more fluids
 - d. dink more fluids
- 9) like water and juice, and fruit and vegetables with a _____
 - a. high waters content
 - b. high watery content
 - c. high water content
 - d. high waiter content
- 10) half of people worldwide do _____
 - a. knot drink enough
 - b. not drunk enough
 - c. not drink nought
 - d. not drink enough

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the (1) _____ on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and (2) _____. The study is from the National Institutes of Health in the USA. Researchers found that people who drank a lot of water every day were (3) _____ longer than those who didn't. The research team said people who stay well hydrated developed (4) _____ problems and age-related illnesses, like (5) _____ disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to show (6) _____.

The researchers looked at (7) _____ 11,255 adults over a 30-year period. They analyzed the information of patients who had visited a hospital (8) _____ times. The first three times were when the patients were in their 50s, and the last two times were when they were aged between (9) _____. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that (10) _____ slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and (11) _____ and vegetables with a high water content. She added that half of people worldwide do (12) _____. The average adult needs to drink at least 1.5 litres of water every day.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

1. What does the article say cannot survive without water?
2. What country is the study from?
3. Who does the article say might live longer?
4. What did well-hydrated people develop fewer of?
5. What might people who do not drink water show signs of?
6. How many years of data did the researchers look at?
7. How many times had patients been to hospital?
8. What process might drinking enough water slow down?
9. How many people in the world do not drink enough water?
10. How much water does the average adult need to drink every day?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

- 1) What does the article say cannot survive without water?
 - a) dolphins and penguins
 - b) plants and insects
 - c) birds and fish
 - d) trees and cacti
- 2) What country is the study from?
 - a) Uganda
 - b) the UAE
 - c) the UK
 - d) the USA
- 3) Who does the article say might live longer?
 - a) old people
 - b) teenagers
 - c) people who drink water
 - d) doctors
- 4) What did well-hydrated people develop fewer of?
 - a) health problems
 - b) wrinkles
 - c) coughs and colds
 - d) years
- 5) What might people who do not drink water show signs of?
 - a) thirst
 - b) ageing
 - c) wrinkles
 - d) sneezing
- 6) How many year's of data did the researchers look at?
 - a) 30
 - b) 28
 - c) 25
 - d) 20
- 7) How many times had patients been to hospital?
 - a) ten
 - b) seven
 - c) at least five times
 - d) a maximum of ten
- 8) What process might drinking enough water slow down?
 - a) the ageing process
 - b) the drinking process
 - c) the thought process
 - d) the recovery process
- 9) How many people in the world do not drink enough water?
 - a) five-eighths
 - b) two-thirds
 - c) a quarter
 - d) half
- 10) How much water does the average adult need to drink every day?
 - a) 1.75 litres
 - b) 1.6 litres
 - c) 1.5 litres
 - d) 2 litres

ROLE PLAY

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

Role A – Water

You think water is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, milk or coffee.

Role B – Honey

You think honey is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): water, milk or coffee.

Role C – Milk

You think milk is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, water or coffee.

Role D – Coffee

You think coffee is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, milk or water.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'water' and 'life'.

water	life
--------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• source• important• well• disease• enough• signs	<ul style="list-style-type: none">• data• period• 70• proper• juice• average
--	---

STAYING HYDRATED SURVEY

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

Write five GOOD questions about staying hydrated 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.

STAYING HYDRATED DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'water'?
3. What do you think of water?
4. How tasty is water?
5. Is still or sparkling water best?
6. Have you ever worried about having no water?
7. Have you ever been really thirsty?
8. Why are we suffering water shortages?
9. Why would drinking lots of water mean a longer life?
10. Do you drink enough water every day?

Drinking water often helps us to live longer – 5th January 2023
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STAYING HYDRATED DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'life'?
13. What do you think about what you read?
14. How often do you go to hospital?
15. How can we slow down the ageing process?
16. What are your favourite drinks?
17. What three adjectives best describe water, and why?
18. What water problems will we see in the future?
19. Could you drink only water and no other fluids?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the (1) _____ of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and to living (2) _____. The study is from the National Institutes of Health in the USA. Researchers found that people who (3) _____ a lot of water every day were healthier and lived longer than those who didn't. The research team said people who stay well (4) _____ developed fewer serious health problems and age-related illnesses, like heart and (5) _____ disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to (6) _____ signs of ageing.

The researchers looked at health data from 11,255 adults (7) _____ a 30-year period. They analyzed the information of patients who had visited a hospital at least five times. The first three times were when the patients were (8) _____ their 50s, and the last two times were when they were aged (9) _____ 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that (10) _____ hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and (11) _____, and fruit and vegetables with a high water content. She added that half of people worldwide do not drink enough. The average adult needs to drink at (12) _____ 1.5 litres of water every day.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|---------------|--------------|-------------|
| 1. | (a) saws | (b) sauce | (c) source | (d) says |
| 2. | (a) longer | (b) lengthen | (c) longing | (d) longs |
| 3. | (a) drank | (b) drinks | (c) drinking | (d) drunk |
| 4. | (a) hydrated | (b) hydration | (c) hydrates | (d) hydrate |
| 5. | (a) bung | (b) lung | (c) rung | (d) sung |
| 6. | (a) age | (b) aim | (c) target | (d) show |
| 7. | (a) along | (b) under | (c) over | (d) via |
| 8. | (a) of | (b) on | (c) at | (d) in |
| 9. | (a) of | (b) and | (c) via | (d) at |
| 10. | (a) proper | (b) prosper | (c) properly | (d) prop |
| 11. | (a) juiciest | (b) juicy | (c) juiced | (d) juice |
| 12. | (a) lest | (b) least | (c) last | (d) lost |

SPELLING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

Paragraph 1

1. water is the uesrco of life
2. iruesvv without it
3. A new study tighsighh how
4. people who stay well ddaetyhr
5. health problems and age-related sliensesl
6. more likely to show signs of aegign

Paragraph 2

7. over a 30-year orepid
8. They enzaydal the information
9. stpenita who had visited a hospital
10. prolong a iesdsae-free life
11. drink more fulsid
12. The gvreeaa adult needs to drink

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

Number these lines in the correct order.

- () fluids, like water and juice, and fruit and vegetables with a high water content. She added that half
- () down ageing and prolong a disease-free life." She encouraged people to drink more
- () likely to die at a younger age. These adults were also more likely to show signs of ageing.
- () from the National Institutes of Health in the USA. Researchers found that people who drank a
- () and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that proper hydration may slow
- () The researchers looked at health data from 11,255 adults over a 30-year period. They analyzed the
- () heart and lung disease. They added that adults who did not drink enough water were more
- (**1**) We all know that water is the source of life on Earth. No plant, insect, animal or human can survive
- () patients were in their 50s, and the last two times were when they were aged between 70
- () information of patients who had visited a hospital at least five times. The first three times were when the
- () of people worldwide do not drink enough. The average adult needs to drink at least 1.5 litres of water every day.
- () lot of water every day were healthier and lived longer than those who didn't. The research
- () team said people who stay well hydrated developed fewer serious health problems and age-related illnesses, like
- () without it. A new study highlights how important it is to our health and to living longer. The study is

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

1. Water source Earth . life on is the of
2. important highlights A new study how is . it
3. day . People lots of drank water every who
4. a to likely More younger die at age .
5. likely to More show signs of ageing .
6. information visited a hospital . The who of patients
7. in When their the patients 50s . were
8. slow It ageing . hydration suggests proper down may
9. do of worldwide enough . not people drink Half
10. water every day . At of litres 1.5 least

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the *sauce / source* of life on Earth. No plant, insect, animal or human can *survival / survive* without it. A new study highlights how *important / importance* it is to our health and to living *lengthy / longer*. The study is from the National Institutes of Health in the USA. Researchers found that people who *drunk / drank* a lot of water every day were healthier and lived longer than *those / them* who didn't. The research team said people who stay *well / good* hydrated developed fewer serious health problems and age-related illnesses, *like / such* heart and lung disease. They added that adults who did not drink enough water were more *likely / likelihood* to die at a younger age. These adults were also more likely to *show / shown* signs of ageing.

The researchers looked at *healthy / health* data from 11,255 adults over a 30-year period. They analyzed the information of *patience / patients* who had visited a hospital at least five *times / timings*. The first three times were when the patients were in their 50s, and the *least / last* two times were when they were aged between 70 and 90. Dr Natalia Dmitrieva, *iron / lead* researcher of the study, said: "The results suggest that *properly / proper* hydration may slow *down / along* ageing and prolong a disease-free life." She encouraged people to drink *more / much* fluids, like water and juice, and fruit and vegetables with a high water *content / contest*. She added that half of people worldwide do not drink enough. The average adult needs to drink at *last / least* 1.5 litres of water every day.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

W_ _ll kn_w th_t w_t_r _s th_ s__rc_ _f l_f_ _n
__rth. N_ pl_nt, _ns_ct, _n_m_l _r h_m_n c_n s_rv_v_
w_th__t _t. _ n_w st_dy h_ghl_gh_t h_w _mp_rt_nt _t
s t __r h__lth _nd t_ l_v_ng l_ng_r. Th_ st_dy _s
fr_m th_ N_t__n_l _nst_t_t_s _f H__lth _n th_ _S_.
R_s__rch_rs f__nd th_t p__pl_ wh_ drnk _ l_t _f
w_t_r _v_ry d_y w_r_ h__lth__r _nd l_v_d l_ng_r th_n
th_s_ wh_ d_dn't. Th_ r_s__rch t__m s__d p__pl_ wh_
st_y w_ll hydr_t_d d_v_l_p_d f_w_r s_r__s h__lth
pr_bl_ms _nd _g_r_l_t_d _lln_ss_s, l_k_ h__rt _nd
l_ng d_s__s_. Th_y _dd_d th_t _d_lts wh_ d_d n_t
drnk _n__gh w_t_r w_r_ m_r_ l_k_ly t_ d__ _t _
y__ng_r _g_. Th_s_ _d_lts w_r_ _ls_ m_r_ l_k_ly t_
sh_w s_gns _f _g__ng.

Th_ r_s__rch_rs l__k_d _t h__lth d_t_ fr_m 11,255
_d_lts _v_r _ 30-y__r p_r__d. Th_y _n_lyz_d th_
_nf_rm_t__n _f p_t__nts wh_ h_d v_s_t_d _ h_sp_t_l
_t l__st f_v_ t_m_s. Th_ f_rst thr_ _ t_m_s w_r_ wh_n
th_ p_t__nts w_r_ _n th__r 50s, _nd th_ l_st tw_
t_m_s w_r_ wh_n th_y w_r_ _g_d b_tw__n 70 _nd 90.
Dr N_t_l__ Dm_tr__v_, l__d r_s__rch_r _f th_ st_dy,
s__d: "Th_ r_s_lts s_gg_st th_t pr_p_r hydr_t__n m_y
sl_w d_wn _g__ng _nd pr_l_ng _ d_s__s_-fr__ l_f_."
Sh_ _nc__r_g_d p__pl_ t_ drnk m_r_ fl__ds, l_k_
w_t_r _nd j__c_, _nd fr__t _nd v_g_t_bls w_th _
h_gh w_t_r c_nt_nt. Sh_ _dd_d th_t h_lf _f p__pl_
w_rldw_d_ d_ n_t drnk _n__gh. Th_ _v_r_g_ _d_l_t
n__ds t_ drnk _t l__st 1.5 l_tr_s _f w_t_r _v_ry
d_y.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

we all know that water is the source of life on earth no plant insect animal or human can survive without it a new study highlights how important it is to our health and to living longer the study is from the national institutes of health in the usa researchers found that people who drank a lot of water every day were healthier and lived longer than those who didnt the research team said people who stay well hydrated developed fewer serious health problems and agerelated illnesses like heart and lung disease they added that adults who did not drink enough water were more likely to die at a younger age these adults were also more likely to show signs of ageing the researchers looked at health data from 11255 adults over a 30year period they analyzed the information of patients who had visited a hospital at least five times the first three times were when the patients were in their 50s and the last two times were when they were aged between 70 and 90 dr natalia dmitrieva lead researcher of the study said the results suggest that proper hydration may slow down ageing and prolong a diseasefree life she encouraged people to drink more fluids like water and juice and fruit and vegetables with a high water content she added that half of people worldwide do not drink enough the average adult needs to drink at least 15 litres of water every day

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated.html>

We all know that water is the source of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and to living longer. The study is from the National Institute of Health in the USA. Researchers found that people who drank a lot of water every day were healthier and lived longer than those who didn't. The research teams said people who stay well hydrated developed fewer serious health problems and age-related illnesses, like heart and lung disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to show signs of ageing. The researchers looked at health data from 11,255 adults over a 30-year period. They analyzed the information of patients who had visited a hospital at least five times. The first two times were when the patients were in their 50s, and the last two times were when they were aged between 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and juice, and fruit and vegetables with a high water content. She added that half of people worldwide do not drink enough. The average adult needs to drink at least 1.5 litres of water every day.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. STAYING HYDRATED: Make a poster about staying hydrated. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WATER NOT WEAPONS: Write a magazine article about governments spending more money on water and less on weapons. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on staying hydrated. Ask him/her three questions about water. Give him/her three of your ideas on how people can drink more. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. a 2. c 3. e 4. f 5. d 6. b 7. g
8. j 9. l 10. n 11. i 12. h 13. k 14. m

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 F 6 F 7 T 8 F

SYNONYM MATCH (p.5)

1. g	2. e	3. i	4. b	5. a
6. j	7. c	8. f	9. h	10. d

COMPREHENSION QUESTIONS (p.9)

- Plants, insects, animals and humans
- The USA
- People who drink water
- Serious health problems and age-related illnesses
- Ageing
- Thirty years
- At least five times
- The ageing process
- Half
- 1.5 litres

WORDS IN THE RIGHT ORDER (p.19)

- Water is the source of life on Earth.
- A new study highlights how important it is.
- People who drank lots of water every day.
- More likely to die at a younger age.
- More likely to show signs of ageing.
- The information of patients who visited a hospital.
- When the patients were in their 50s.
- It suggests proper hydration may slow down ageing.
- Half of people worldwide do not drink enough.
- At least 1.5 litres of water every day.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)