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Level 0 – 19th October 2023

Grapes are good for our eyesight

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<https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

Carrots are good for our eyes. A new study says grapes are also good. A few grapes a day can help our vision. A researcher said eating grapes was good for people who are getting older. She added that we can easily buy grapes. The study is good news for people who don't like carrots.

Many people took part in the testing. Half of them ate grapes every day; the other half ate a placebo snack. The people who ate the grapes had better muscle strength in the retina in their eyes. The retina protects our eyes from blue light. A lot of blue light comes from computer screens. It damages our eyes.

Sources: <https://nypost.com/2023/10/13/grapes-are-the-new-carrots-when-it-comes-to-good-vision-new-eye-health-research/>
<https://uk.style.yahoo.com/fruits-grapes-health-benefits-vision-ageing-111631308.html>
<https://www.express.co.uk/life-style/health/1824216/eye-health-grapes-protect-eyesight>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|----------------------|
| 1. Carrots are | a. carrots |
| 2. A few grapes | b. was good |
| 3. help our | c. buy grapes |
| 4. A researcher said eating grapes | d. good for our eyes |
| 5. people who are | e. news |
| 6. we can easily | f. vision |
| 7. good | g. getting older |
| 8. people who don't like | h. a day |

PARAGRAPH TWO:

- | | |
|----------------------------|--------------------------|
| 1. Many people took | a. in the retina |
| 2. Half of them ate grapes | b. from computer screens |
| 3. the other half ate | c. part in the testing |
| 4. people who | d. our eyes |
| 5. better muscle strength | e. a placebo |
| 6. protects our eyes from | f. ate the grapes |
| 7. blue light comes | g. every day |
| 8. It damages | h. blue light |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

Carrots (1) _____ our eyes. A new study says grapes are also good. A few grapes (2) _____ help our vision. A researcher (3) _____ was good for people who are (4) _____. She added that we (5) _____ grapes. The study is good news for people (6) _____ carrots.

Many people (7) _____ the testing. Half of them ate grapes every day; (8) _____ ate a placebo snack. The (9) _____ the grapes had better muscle (10) _____ retina in their eyes. The retina (11) _____ from blue light. A lot of blue light comes from computer screens. It (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

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GRAPES SURVEY

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-0.html>

Write five GOOD questions about grapes 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) _____

