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Level 0 – 23rd May 2024

Cycling is good for your knees, says study

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<https://breakingnewsenglish.com/2405/240523-cycling-and-knees-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/2405/240523-cycling-and-knees-0.html>

Cycling keeps us healthy. It is good for our heart and mental health. Surprisingly, it is also good for our knees. A study says older cyclists have less knee pain. Researchers asked 2,600 people about their physical activity. They also took X-rays of the people's knees. The X-rays showed signs of knee problems.

A researcher was surprised by the research. She said cyclists were 21 per cent less likely to have knee problems. When we use our knees a lot, the joints wear out and become painful. Knee problems usually start when people are in their fifties. Cycling is a great way to stop us having problems with our knees.

Sources: <https://nypost.com/2024/05/20/lifestyle/cycling-could-help-you-live-longer-and-reduce-knee-pain/>
<https://www.nprillinois.org/2024-05-20/like-to-bike-your-knees-will-thank-you-and-you-may-live-longer-too>
<https://medicalxpress.com/news/2024-05-biking-revealed-knee-pain-life.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-----------------------|
| 1. Cycling keeps | a. knee pain |
| 2. It is good for | b. the people's knees |
| 3. mental | c. our heart |
| 4. it is also good | d. activity |
| 5. older cyclists have less | e. us healthy |
| 6. physical | f. health |
| 7. They also took X-rays of | g. of knee problems |
| 8. The X-rays showed signs | h. for our knees |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------|
| 1. A researcher was surprised | a. problems |
| 2. cyclists were 21 per cent less | b. way |
| 3. have knee | c. out |
| 4. When we use | d. likely to |
| 5. the joints wear | e. having problems |
| 6. when people are in | f. our knees a lot |
| 7. Cycling is a great | g. their fifties |
| 8. stop us | h. by the research |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-0.html>

Cycling (1) _____. It is good for our heart
(2) _____. Surprisingly, it is also
(3) _____ knees. A study says older cyclists have
(4) _____. Researchers asked 2,600 people
about their physical activity. They (5) _____ of
the people's knees. The X-rays showed (6) _____
problems.

A researcher (7) _____ the research. She said
cyclists were 21 per cent (8) _____ have knee
problems. When we use our knees a lot, the
(9) _____ and become painful. Knee problems
usually start when people are (10) _____. Cycling
is (11) _____ to stop us having problems
(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-0.html>

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CYCLING SURVEY

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-0.html>

Write five GOOD questions about cycling 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) _____

