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**Level 0 – 13th June 2024**

## **Electric spoon helps people cut down on salt**

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

<https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-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/2406/240613-electric-salt-spoon-0.html>

A new spoon from Japan will make food taste saltier. It is called the Electric Salt Spoon. It will help people use less salt. It sends a weak electric current to the tongue. This makes salt taste stronger. We can have less salt, but still taste it. A researcher said we need to have less salt. However, she said food with no salt is tasteless.

Too much salt causes heart problems and high blood pressure. The WHO says we should have less than 5 grams of salt a day. In Japan, people have around 10.1g. The Electric Salt Spoon costs 19,800 yen. The maker hopes to sell a million of them over the next five years. A researcher has also created electric chopsticks.

Sources: <https://news.sky.com/story/electric-spoon-that-enhances-salty-taste-of-food-and-promotes-healthier-eating-launched-in-japan-13146505>  
<https://learningenglish.voanews.com/a/electric-spoons-chopsticks-may-help-cut-salt/7622248.html>  
<https://www.who.int/data/gho/indicator-metadata-registry/imr-details/3082>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-0.html>

## PARAGRAPH ONE:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. A new spoon                      | a. have less salt       |
| 2. make food taste                  | b. less salt            |
| 3. It will help people use          | c. to the tongue        |
| 4. It sends a weak electric current | d. is tasteless         |
| 5. This makes                       | e. from Japan           |
| 6. We can                           | f. we need to have less |
| 7. A researcher said                | g. saltier              |
| 8. food with no salt                | h. salt taste stronger  |

## PARAGRAPH TWO:

- |                                  |                        |
|----------------------------------|------------------------|
| 1. Too much salt causes          | a. should have less    |
| 2. high blood                    | b. electric chopsticks |
| 3. The WHO says we               | c. pressure            |
| 4. 5 grams                       | d. 10.1g               |
| 5. people have around            | e. to sell a million   |
| 6. The Electric Salt Spoon costs | f. heart problems      |
| 7. The maker hopes               | g. of salt a day       |
| 8. A researcher has also created | h. 19,800 yen          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-0.html>

A (1) \_\_\_\_\_ Japan will make food taste saltier. It  
(2) \_\_\_\_\_ Electric Salt Spoon. It will help people  
use less salt. It sends a weak electric current  
(3) \_\_\_\_\_. This makes salt taste stronger. We  
can have less salt, but (4) \_\_\_\_\_. A researcher  
said we need to (5) \_\_\_\_\_. However, she said  
food with no (6) \_\_\_\_\_.

Too (7) \_\_\_\_\_ heart problems and  
(8) \_\_\_\_\_. The WHO says we should have less  
than 5 grams of (9) \_\_\_\_\_. In Japan, people  
have around 10.1g. The Electric Salt Spoon costs 19,800 yen.  
The (10) \_\_\_\_\_ sell a million of them  
(11) \_\_\_\_\_ five years. A researcher has also  
(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-0.html>

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# SALT SURVEY

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-0.html>

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

*Electric spoon helps people cut down on salt – 13th June 2024*  
More free lessons at [breakingnewsenglish.com](https://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) \_\_\_\_\_

