

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 3 – 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.html>

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

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

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE ARTICLE

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

A battery-powered spoon that makes food taste saltier is now in stores in Japan. It is called the Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese drinks company Kirin. The researchers hope their spoon will help people cut down on the amount of salt they eat. The spoon sends a weak electric current to the tongue. The current is too weak to be felt. However, it makes salt taste up to one and a half times stronger. This means we can eat food with less salt, but still sense a salty taste. Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is bland and tasteless.

Salt is important for our health. However, too much of it can cause cardiovascular diseases, like high blood pressure, strokes, and heart problems. These are the leading causes of death globally. The World Health Organization recommends a daily salt intake of less than 5 grams. In Japan, the average person has around 10.1g of salt a day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt in the diet comes from processed foods, and from things like soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them over the next five years. The spoon's developer has also created electric chopsticks. These will go on sale next year.

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>

WARM-UPS

1. SALT: Students walk around the class and talk to other students about salt. 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?

battery / salty / drinks / spoon / electric current / tongue / food culture / tasteless / health / cardiovascular diseases / blood pressure / processed food / chopsticks / sale

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

3. SALT: Students A **strongly** believe salt should have a health warning on its packaging; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. GOOD AND BAD: What are the good and bad things about these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
Salt		
Garlic		
White bread		
Energy drinks		
Orange juice		
Chocolate		

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

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

- Salty
- Fishy
- Lemony
- Chocolatey
- Spicy
- Meaty
- Nutty
- Sugary

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|---|
| 1. battery | a. Not having much taste or flavour. |
| 2. created | b. A small thing that gives power to devices like toys or phones. |
| 3. cut down on | c. The flow of electricity, water or air in a certain direction. |
| 4. amount | d. Made something new. |
| 5. current (noun) | e. How much there is of something. |
| 6. tongue | f. Use or do less of something. |
| 7. bland | g. The big thing inside your mouth that helps you taste and talk. |

Paragraph 2

- | | |
|-------------------|--|
| 8. cardiovascular | h. Related to the heart and blood. |
| 9. stroke | i. Two long thin things used to eat food, especially in Asia. |
| 10. leading | j. A serious medical problem when blood can't reach the brain. |
| 11. recommend | k. The types of food that a person eats. |
| 12. average | l. Most important; biggest. |
| 13. diet | m. To say something is good and suggest someone use or do it. |
| 14. chopsticks | n. The usual amount or number. |

BEFORE READING / LISTENING

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

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

1. A battery in a new spoon is full of never-ending salt. **T / F**
2. The new electric spoon was jointly created by a drinks company. **T / F**
3. The spoon sends an electric current to a person's tongue. **T / F**
4. A researcher said food with just a little salt is bland and tasteless. **T / F**
5. The article says salt can lead to people having strokes. **T / F**
6. On average, people in Japan consume less than 5 grams of salt a day. **T / F**
7. The article says that processed foods are 75% salt. **T / F**
8. The man who helped make the spoon has also made electric chopsticks. **T / F**

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

- | | |
|-----------------------|--------------|
| 1. created | a. prefer |
| 2. cut down on | b. top |
| 3. weak | c. tasteless |
| 4. favour | d. such as |
| 5. bland | e. suggests |
| 6. cause | f. reduce |
| 7. leading | g. worldwide |
| 8. globally | h. made |
| 9. like | i. faint |
| 10. recommends | j. lead to |

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

- | | |
|--|-----------------------------|
| 1. A battery-powered spoon that makes | a. diseases |
| 2. help people cut down on the amount | b. less than 5 grams |
| 3. it makes salt taste up to one and | c. is bland |
| 4. a food culture that tends to favour | d. of salt they eat |
| 5. food with no salt | e. over the next five years |
| 6. too much of it can cause cardiovascular | f. food taste saltier |
| 7. high blood | g. foods |
| 8. a daily salt intake of | h. salty tastes |
| 9. processed | i. pressure |
| 10. sell a million of them | j. a half times stronger |

GAP FILL

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

A battery-powered spoon that makes food (1) _____ saltier is now in stores in Japan. It is called the Electric Salt Spoon. It was (2) _____ by researchers from Tokyo's Meiji University and the Japanese drinks company Kirin. The researchers hope their spoon will help people cut down on the (3) _____ of salt they eat. The spoon sends a weak electric current to the tongue. The current is too weak to be (4) _____. However, it makes salt taste up to one and a half (5) _____ stronger. This means we can eat food with less salt, but still (6) _____ a salty taste. Researcher Ai Sato said: "Japan has a food culture that (7) _____ to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is (8) _____ and tasteless.

times
amount
bland
taste
tends
felt
created
sense

Salt is important for our health. However, too much of it can cause cardiovascular diseases, like high (9) _____ pressure, strokes, and heart problems. These are the leading causes of death (10) _____. The World Health Organization recommends a daily salt intake of less than 5 grams. In Japan, the (11) _____ person has around 10.1g of salt a day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt in the diet comes from (12) _____ foods, and from things like soy (13) _____. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a (14) _____ of them over the next five years. The spoon's developer has also created electric (15) _____. These will (16) _____ on sale next year.

average
chopsticks
sauce
go
blood
globally
million
processed

LISTENING – Guess the answers. Listen to check.

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

- 1) A battery-powered spoon that makes food taste saltier is now in _____
 - a. stores on Japan
 - b. stalls on Japan
 - c. stores in Japan
 - d. stored in Japan
- 2) a weak electric current to the tongue. The current is too weak _____
 - a. to be pelt
 - b. to be dealt
 - c. to be melt
 - d. to be felt
- 3) This means we can eat food with less salt, but still sense _____
 - a. a salty taste
 - b. a salt tea taste
 - c. a salt to taste
 - d. a salty tasty
- 4) People need to reduce the _____
 - a. amount off salt
 - b. amount oft salt
 - c. amount asphalt
 - d. amount of salt
- 5) However, she added that food with no _____
 - a. salt is brand
 - b. salt is bland
 - c. salt is blend
 - d. salt is bound
- 6) Salt is important for our health. However, too much of it can _____
 - a. cause cardiovascular disease
 - b. cause cardiovascular diseased
 - c. cause cardiovascular diseases
 - d. cause cardiovascular disease is
- 7) These are the leading causes _____
 - a. of death globe ally
 - b. of death globalize
 - c. of death global
 - d. of death globally
- 8) In Japan, the average person has around 10.1g of _____
 - a. saly a day
 - b. salt the day
 - c. salt a day
 - d. salter day
- 9) In many countries, around 75 per cent of salt in the diet comes _____
 - a. from processor food
 - b. from process foods
 - c. from processed foods
 - d. from protected foods
- 10) The spoon's developer has also _____
 - a. created eclectic chopsticks
 - b. created electric chopsticks
 - c. created elected chopsticks
 - d. created erratic chopsticks

LISTENING – Listen and fill in the gaps

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

A battery-powered spoon that makes food taste (1) _____ in stores in Japan. It is called the Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese drinks company Kirin. The researchers hope their spoon will help people cut down on the amount of salt they eat. The spoon sends a (2) _____ to the tongue. The current is too weak to be felt. However, it makes salt taste up to one and a (3) _____. This means we can eat food with less salt, but still sense (4) _____. Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need to (5) _____ of salt in their food." However, she added that food with no salt is (6) _____.

Salt is important for our health. However, too much of it can cause cardiovascular diseases, like (7) _____, strokes, and heart problems. These are the leading causes (8) _____. The World Health Organization recommends a (9) _____ of less than 5 grams. In Japan, the average person has around 10.1g of salt a day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt in (10) _____ from processed foods, and from things like soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them (11) _____ five years. The spoon's developer has also created electric chopsticks. These will (12) _____ next year.

COMPREHENSION QUESTIONS

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

1. Where is the Electric Salt Spoon now on sale?
2. Who helped to develop the spoon besides Tokyo's Meiji University?
3. What does the spoon send to the tongue?
4. How much saltier does the spoon make salt?
5. What does Japanese cuisine tend to favour?
6. What diseases were mentioned besides strokes and heart problems?
7. What is the recommended WHO limit on daily salt intake?
8. How much salt comes from processed foods in many countries?
9. How many spoons does Kirin hope to sell in the next five years?
10. What new product will go on sale next year?

MULTIPLE CHOICE - QUIZ

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

- 1) Where is the Electric Salt Spoon now on sale?
 - a) at popup stores
 - b) on the Internet
 - c) in stores in Japan
 - d) convenience stores
- 2) Who helped to develop the spoon besides Tokyo's Meiji University?
 - a) a drinks company
 - b) a salt company
 - c) a spoon company
 - d) a battery company
- 3) What does the spoon send to the tongue?
 - a) salt water
 - b) an electric current
 - c) extreme taste
 - d) salt waves
- 4) How much saltier does the spoon make salt?
 - a) 4½ times
 - b) 3½ times
 - c) 2½ times
 - d) 1½ times
- 5) What does Japanese cuisine tend to favour?
 - a) sushi
 - b) forks
 - c) salty tastes
 - d) sauce
- 6) What diseases were mentioned besides strokes and heart problems?
 - a) cancer
 - b) high blood pressure
 - c) hepatitis
 - d) sciatica
- 7) What is the recommended WHO limit on daily salt intake?
 - a) three grams
 - b) eight grams
 - c) ten grams
 - d) five grams
- 8) How much salt comes from processed foods in many countries?
 - a) 85%
 - b) 75%
 - c) 65%
 - d) 55%
- 9) How many spoons does Kirin hope to sell in the next five years?
 - a) half a million
 - b) one million
 - c) three million
 - d) five million
- 10) What new product will go on sale next year?
 - a) electric chopsticks
 - b) no sodium salt
 - c) an electric sugar spoon
 - d) an electric soy sauce spoon

ROLE PLAY

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

Role A – Salty

You think a salty taste is best. Tell the others three reasons why. Tell them what is wrong with their tastes. Also, tell the others which is the least tasty of these (and why): sugary, nutty or chocolatey.

Role B – Sugary

You think a sugary taste is best. Tell the others three reasons why. Tell them what is wrong with their tastes. Also, tell the others which is the least tasty of these (and why): salty, nutty or chocolatey.

Role C – Nutty

You think a nutty taste is best. Tell the others three reasons why. Tell them what is wrong with their tastes. Also, tell the others which is the least tasty of these (and why): sugary, salty or chocolatey.

Role D – Chocolatey

You think a chocolatey taste is best. Tell the others three reasons why. Tell them what is wrong with their tastes. Also, tell the others which is the least tasty of these (and why): sugary, nutty or salty.

AFTER READING / LISTENING

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

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

salt	spoon

- 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">• battery• drinks• help• weak• less• tasteless	<ul style="list-style-type: none">• diseases• death• person• diet• hopes• go
---	---

SALT SURVEY

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

SALT 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 'salt'?
3. What do you think of salt?
4. How important is salt in food?
5. What do you think of the Electric Salt Spoon?
6. Do you need to cut down on salt?
7. What do you think of your country's food culture?
8. Is a spoon or a fork better?
9. Which taste do you prefer - salty, sweet, sour or spicy?
10. What are your favourite salty foods?

Electric spoon helps people cut down on salt – 13th June 2024
Thousands more free lessons at breakingnewsenglish.com

SALT 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 'spoon'?
13. What do you think about what you read?
14. What would eating be like if food had no salt?
15. Would you like an Electric Salt Spoon?
16. What other things do we need salt for?
17. Do you worry about cardiovascular diseases?
18. What do you think of processed foods?
19. What do you think of an electric sugar spoon?
20. What questions would you like to ask the spoon's designer?

DISCUSSION (Write your own questions)

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

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

Copyright © breakingnewsenglish.com 2024

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/2406/240613-electric-salt-spoon.html>

A battery-powered spoon that makes food taste saltier is now (1) _____ stores in Japan. It is called the Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese (2) _____ company Kirin. The researchers hope their spoon will help people cut down on (3) _____ amount of salt they eat. The spoon sends a weak electric current to the (4) _____. The current is too weak to be felt. However, it makes salt taste up to one and a half times stronger. This means we can eat food with (5) _____ salt, but still sense a salty taste. Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is (6) _____ and tasteless.

Salt is important for our (7) _____. However, too much of it can cause cardiovascular diseases, like high blood pressure, strokes, and heart problems. These are the (8) _____ causes of death globally. The World Health Organization recommends a daily salt intake of less than 5 grams. In Japan, the average person has around 10.1g of salt (9) _____ day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt in the diet comes from processed foods, and from things (10) _____ soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them (11) _____ the next five years. The spoon's developer has also created electric chopsticks. These will (12) _____ on sale next year.

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

- | | | | | |
|-----|--------------|---------------|-------------|--------------|
| 1. | (a) to | (b) of | (c) in | (d) of |
| 2. | (a) drinks | (b) drinking | (c) drinker | (d) drinkers |
| 3. | (a) an | (b) the | (c) a | (d) all |
| 4. | (a) forehead | (b) toes | (c) heart | (d) tongue |
| 5. | (a) small | (b) fewer | (c) less | (d) not |
| 6. | (a) band | (b) bland | (c) brand | (d) bendy |
| 7. | (a) health | (b) healthful | (c) healthy | (d) hearth |
| 8. | (a) reading | (b) bleeding | (c) loading | (d) leading |
| 9. | (a) the | (b) whole | (c) a | (d) to |
| 10. | (a) at | (b) salty | (c) such | (d) like |
| 11. | (a) under | (b) over | (c) about | (d) at |
| 12. | (a) go | (b) reach | (c) up | (d) get |

SPELLING

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

Paragraph 1

1. A atybetr-powered spoon
2. created by recasrhese from Tokyo's Meiji University
3. cut down on the monatu of salt
4. a weak electric current to the tnegou
5. a food culture that tends to favour alyst tastes
6. food with no salt is nbadl

Paragraph 2

7. cardiovascular sieaesds
8. high blood rureseps
9. smdmcereon a daily salt intake
10. the geavaer of 8.5g for Americans
11. seorpdces foods
12. The spoon's rvdleepoe

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () pressure, strokes, and heart problems. These are the leading causes of death globally. The World Health
- () day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt
- () Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese drinks
- () taste up to one and a half times stronger. This means we can eat food with less salt, but still sense
- () a salty taste. Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need
- () costs 19,800 yen (around \$99). Kirin hopes to sell a million of them over the next
- () Organization recommends a daily salt intake of less than 5 grams. In Japan, the average person has around 10.1g of salt a
- (**1**) A battery-powered spoon that makes food taste saltier is now in stores in Japan. It is called the
- () Salt is important for our health. However, too much of it can cause cardiovascular diseases, like high blood
- () company Kirin. The researchers hope their spoon will help people cut down on the amount of salt
- () in the diet comes from processed foods, and from things like soy sauce. The Electric Salt Spoon
- () to reduce the amount of salt in their food." However, she added that food with no salt is bland and tasteless.
- () they eat. The spoon sends a weak electric current to the tongue. The current is too weak to be felt. However, it makes salt
- () five years. The spoon's developer has also created electric chopsticks. These will go on sale next year.

PUT THE WORDS IN THE RIGHT ORDER

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

1. spoon that makes saltier . taste battery-powered A food
2. down . Their people spoon will help cut
3. The is too be weak felt . current to
4. in the of their salt Reduce food . amount
5. with salt and tasteless . is bland no Food
6. it of can diseases . much cause cardiovascular Too
7. causes are These of the globally . death leading
8. 10 .1g around average of salt . person The has
9. hopes Kirin them . sell to of a million
10. developer The spoon's also chopsticks . has electric created

CIRCLE THE CORRECT WORD (20 PAIRS)

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

A battery-powered spoon that *makes / bakes* food taste saltier is now in stores in Japan. It is called the Electric Salt Spoon. It was created *of / by* researchers from Tokyo's Meiji University and the Japanese *drinking / drinks* company Kirin. The researchers hope their spoon will help people cut *down / up* on the amount of salt they eat. The spoon sends a *weak / week* electric current to the tongue. The current is too weak to be *feel / felt*. However, it makes salt taste up to one and a half times *strength / stronger*. This means we can eat food with *least / less* salt, but still sense a salty taste. Researcher Ai Sato said: "Japan has a food culture that *trends / tends* to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is *bland / brand* and tasteless.

Salt is important for our *healthy / health*. However, too much of it can cause cardiovascular diseases, like high *bloody / blood* pressure, strokes, and heart problems. These are the leading causes of *dead / death* globally. The World Health Organization recommends a daily salt *intake / outtake* of less than 5 grams. In Japan, the average person has around 10.1g of salt a day. That's higher *that / than* the average of 8.5g for Americans. In many countries, around 75 per cent of salt *in / on* the diet comes from processed foods, and from things like soy *source / sauce*. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a *million / millions* of them over the *next / last* five years. The spoon's developer has also created electric chopsticks. These will go *on / in* sale next year.

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/2406/240613-electric-salt-spoon.html>

_ b__tt__ry-p__w__r__d sp__n th__t m__k__s f__d t__st__ s__lt__r
_s n__w __n st__r__s __n J__p__n. __t __s c__ll__d th__ __l__ctr__c
S__lt Sp__n. __t w__s cr__t__d by r__s__rch__rs fr__m
T__ky__'s M__j__ Un__v__rs__ty __nd th__ J__p__n__s__ dr__nks
c__mp__ny K__r__n. Th__ r__s__rch__rs h__p__ th__r sp__n w__ll
h__lp p__pl__ cut d__wn __n th__ __m__unt __f s__lt th__y __t.
Th__ sp__n s__nds __ w__k __l__ctr__c curr__nt t__ th__
t__ngu__. Th__ curr__nt __s t__ w__k t__ b__ f__lt. H__w__v__r,
__t m__k__s s__lt t__st__ up t__ __n__ __nd __ h__lf t__m__s
str__ng__r. Th__s m__ns w__ c__n __t f__d w__th l__ss s__lt,
but st__ll s__ns__ __ s__lty t__st__. R__s__rch__r __ S__t__
s__d: "J__p__n h__s __ f__d cultur__ th__t t__nds t__ f__v__ur
s__lty t__st__s. P__pl__ n__d t__ r__duc__ th__ __m__unt __f s__lt
__n th__r f__d." H__w__v__r, sh__ __dd__d th__t f__d w__th n__
s__lt __s bl__nd __nd t__st__l__ss.

S__lt __s __mp__rt__nt f__r __ur h__lth. H__w__v__r, t__ much
__f __t c__n c__us__ c__rd__v__scul__r d__s__s__s, l__k__ h__gh
bl__d pr__ssur__, str__k__s, __nd h__rt pr__bl__ms. Th__s__ __r__
th__ l__d__ng c__us__s __f d__th gl__b__lly. Th__ W__rld H__lth
__rg__n__z__t__n r__c__mm__nds __ d__ily s__lt __nt__k__ __f l__ss
th__n 5 gr__ms. __n J__p__n, th__ __v__r__g__ p__rs__n h__s
__r__und 10.1g __f s__lt __ d__y. Th__t's h__gh__r th__n th__
__v__r__g__ __f 8.5g f__r __m__r__c__ns. __n m__ny c__untr__s,
__r__und 75 p__r c__nt __f s__lt __n th__ d__t c__m__s fr__m
pr__c__ss__d f__ds, __nd fr__m th__ngs l__k__ s__y s__uc__. Th__
__l__ctr__c S__lt Sp__n c__sts 19,800 y__n (__r__und \$99).
K__r__n h__p__s t__ s__ll __ m__ll__n __f th__m __v__r th__ n__xt
f__v__ y__rs. Th__ sp__n's d__v__l__p__r h__s __ls__ cr__t__d
__l__ctr__c ch__pst__cks. Th__s__ w__ll g__ __n s__l__ n__xt y__r.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

a battery-powered spoon that makes food taste saltier is now in stores in japan it is called the electric salt spoon it was created by researchers from tokyos meiji university and the japanese drinks company kirin the researchers hope their spoon will help people cut down on the amount of salt they eat the spoon sends a weak electric current to the tongue the current is too weak to be felt however it makes salt taste up to one and a half times stronger this means we can eat food with less salt but still sense a salty taste researcher ai sato said japan has a food culture that tends to favour salty tastes people need to reduce the amount of salt in their food however she added that food with no salt is bland and tasteless

salt is important for our health however too much of it can cause cardiovascular diseases like high blood pressure strokes and heart problems these are the leading causes of death globally the world health organization recommends a daily salt intake of less than 5 grams in japan the average person has around 101g of salt a day thats higher than the average of 85g for americans in many countries around 75 per cent of salt in the diet comes from processed foods and from things like soy sauce the electric salt spoon costs 19800 yen around 99 kirin hopes to sell a million of them over the next five years the spoons developer has also created electric chopsticks these will go on sale next year

PUT A SLASH (/) WHERE THE SPACES ARE

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

A battery-powered spoon that makes food taste saltier is now in stores in Japan. It is called the Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese drinks company Kirin. The researchers hope their spoon will help people cut down on the amount of salt they eat. The spoon sends a weak electric current to the tongue. The current is too weak to be felt. However, it makes salt taste up to one and a half times stronger. This means we can eat food with less salt, but still sense a salty taste. Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is bland and tasteless. Salt is important for our health. However, too much of it can cause cardiovascular diseases, like high blood pressure, strokes, and heart problems. These are the leading causes of death globally. The World Health Organization recommends a daily salt intake of less than 5 grams. In Japan, the average person has around 10.1 g of salt a day. That's higher than the average of 8.5 g for Americans. In many countries, around 75 percent of salt in the diet comes from processed foods, and from things like soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them over the next five years. The spoon's developer has also created electric chopsticks. These will go on sale next year.

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. SALT: Make a poster about salt. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SALT EDUCATION: Write a magazine article about the government educating us all more about salt. 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 salt. Ask him/her three questions about it. Give him/her three of your ideas on how to cut down on salt. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- In stores in Japan
- The drinks company Kirin
- An electric current
- One and a half times
- Salty tastes
- High blood pressure
- Five grams
- 75%
- One million
- Electric chopsticks

WORDS IN THE RIGHT ORDER (p.19)

- A battery-powered spoon that makes food taste saltier.
- Their spoon will help people cut down.
- The current is too weak to be felt.
- Reduce the amount of salt in their food.
- Food with no salt is bland and tasteless.
- Too much of it can cause cardiovascular diseases.
- These are the leading causes of death globally.
- The average person has around 10.1g of salt.
- Kirin hopes to sell a million of them.
- The spoon's developer has also created electric chopsticks.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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