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**Level 4 – 29th December 2025**

## Scientists find food to improve our mood

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

<https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

A study suggests ultra-processed foods and refined carbohydrates increase the risk of mental health problems. The research is in a nutrition journal. A dietitian said there was "a tremendous amount of high-quality data linking food to...worsening mental health." She advised people to cut down on sugary and low-fibre food to lower the chance of getting mood disorders. She said people should limit sugar, refined grains, and ultra-processed foods.

The study urged people to eat more high-fibre and fermented foods. It said plant-based diets could reduce depression. Such diets include "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". These are known to help with depression. Related research from Australia supported the dietitian's findings. It said fermented food may lead to more positive moods and enhance learning.

Sources: <https://www.womansworld.com/wellness/mental-health/best-foods-to-relieve-anxiety-and-stress-naturally>  
<https://www.aol.com/articles/foods-happiest-hint-not-think-040000867.html>  
<https://www.smh.com.au/lifestyle/health-and-wellness/can-we-eat-our-way-to-better-mental-health-20251110-p5n94y.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

## PARAGRAPH ONE:

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. ultra-processed                | a. mental health        |
| 2. refined                        | b. problems             |
| 3. increase the                   | c. limit sugar          |
| 4. mental health                  | d. of high-quality data |
| 5. The research is in a nutrition | e. risk                 |
| 6. a tremendous amount            | f. carbohydrates        |
| 7. linking food to worsening      | g. foods                |
| 8. She said people should         | h. journal              |

## PARAGRAPH TWO:

- |                                  |                    |
|----------------------------------|--------------------|
| 1. The study urged people to eat | a. with depression |
| 2. high-fibre and                | b. based diets     |
| 3. plant-                        | c. moods           |
| 4. omega-3 fatty                 | d. learning        |
| 5. lean sources                  | e. more            |
| 6. These are known to help       | f. acids           |
| 7. lead to more positive         | g. of protein      |
| 8. enhance                       | h. fermented foods |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

A study suggests ultra-processed (1) \_\_\_\_\_  
carbohydrates increase (2) \_\_\_\_\_ mental health  
problems. The research is in (3) \_\_\_\_\_. A dietitian  
said there was "a tremendous amount of high-quality data linking food to...  
(4) \_\_\_\_\_." She advised people to cut down on  
sugary and low-fibre food to lower the chance  
(5) \_\_\_\_\_ disorders. She said people should limit  
sugar, (6) \_\_\_\_\_ ultra-processed foods.

The study (7) \_\_\_\_\_ eat more high-fibre and  
fermented foods. It said plant-based diets  
(8) \_\_\_\_\_. Such diets include "omega-3 fatty  
acids, colourful plants like berries, extra virgin olive oil, leafy  
(9) \_\_\_\_\_ sources of protein". These are known to  
(10) \_\_\_\_\_. Related research from Australia  
supported the dietitian's findings. It (11) \_\_\_\_\_  
may lead to more positive moods (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

A study suggests ultra-processed foods and refined carbohydrates increase the risk of mental health problems. The research is in a nutrition journal. A dietitian said there was "a tremendous amount of high-quality data linking food to... worsening mental health." She advised people to cut down on sugary and low-fibre food to lower the chance of getting mood disorders. She said people should limit sugar, refined grains, and ultra-processed foods. The study urged people to eat more high-fibre and fermented foods. It said plant-based diets could reduce depression. Such diets include "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". These are known to help with depression. Related research from Australia supported the dietitian's findings. It said fermented food may lead to more positive moods and enhance learning.

# MOODS SURVEY

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

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

# WRITING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

Write about **moods** for 10 minutes. Read and talk about your partner's paper.

[illegible]