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**Level 6 – 26th January 2026**

## Number of children affects lifespan of mothers

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<https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

A new study suggests that the number of children a woman has might affect her rate of ageing and her lifespan. Research from the University of Helsinki in Finland found that women who had five children or more, or no children, aged faster than those who had a small number of kids. Researcher Mikaela Hukkanen said: "From an evolutionary biology perspective, organisms have limited resources, such as time and energy. When a large amount of energy is invested in reproduction, it is taken away from bodily maintenance and repair mechanisms, which could reduce lifespan." She added that the finding of shorter lifespans of women who never gave birth was "surprising".

The researchers used historical data in their analysis of parenthood and ageing. They analysed the health data on 14,836 women. Researchers examined DNA data and blood samples, then modelled the effects of reproduction on women's rates of ageing and longevity. Ms Hukkanen postulated that having a smaller number of pregnancies could have favourable effects on a mother's health. One benefit is a possible lower risk of breast and ovarian cancer. However, the "wear and tear" and physical demands of multiple childbirths can negate this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from the state for having children.

Sources: <https://www.scientificamerican.com/article/parents-might-age-faster-or-slower-based-on-how-many-kids-they-have/>  
<https://lifespan.io/news/the-impact-of-childbearing-trajectories-on-aging/>  
<https://www.helsinki.fi/en/news/public-health/number-and-timing-children-linked-biological-aging>

# WARM-UPS

**1. HAVING CHILDREN:** Students walk around the class and talk to other students about having children. 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?

study / children / mother / ageing / evolutionary / biology / energy / reproduction / parenthood / health data / DNA / blood samples / cancer / longevity / childbirth

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

**3. CHILD BENEFITS:** Students A **strongly** believe governments should give many benefits to parents to have more children; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. HOW TO HELP MOTHERS:** How good are the ideas below? What happens in your country? Complete this table with your partner(s). Change partners often and share what you wrote.

	<b>Is This a Good Idea?</b>	<b>In My Country</b>
Paid leave from work		
Affordable childcare		
Free mental health help		
Support for single mothers		
Free early childhood education		
Cash benefits		

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

**6. JOYS OF MOTHERHOOD:** Rank these with your partner. Put the best joys of parenthood at the top. Change partners often and share your rankings.

- A baby says "mummy"
- Baby laughter
- Playing with baby
- Sleeping with baby
- Taking baby for a walk
- Bath time
- Food time
- Baby's first steps

# VOCABULARY MATCHING

## Paragraph 1

- |                 |  |
|-----------------|--|
| 1. lifespan     | a. Living things, like people, animals, or plants.       |
| 2. evolutionary | b. The time a person or animal lives.                    |
| 3. perspective  | c. The way someone thinks about something.               |
| 4. organisms    | d. Work done to keep something in good condition.        |
| 5. reproduction | e. Ways something works or is done.                      |
| 6. maintenance  | f. About how living things change over a very long time. |
| 7. mechanisms   | g. The way people, animals, or plants make babies.       |

## Paragraph 2

- |                   |  |
|-------------------|--|
| 8. parenthood     | h. Said or suggested an idea.                      |
| 9. samples        | i. Make something not happen or not true.          |
| 10. reproduction  | j. Damage that happens slowly from use.            |
| 11. postulated    | k. The way people, animals, or plants make babies. |
| 12. ovarian       | l. Related to the ovaries in a woman's body.       |
| 13. wear and tear | m. The state of being a parent.                    |
| 14. negate        | n. Small amounts taken to study or test.           |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

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

1. The research is from a university in the capital of Finland. **T / F**
2. The study says mothers who have six or more children live longer. **T / F**
3. The study says women who had no children aged faster. **T / F**
4. The effort of reproduction can impede the body's ability to self-repair. **T / F**
5. The study is based on over 14 thousand women who gave birth recently. **T / F**
6. The study says having a few babies could help women to live longer. **T / F**
7. The study says having a few babies could lower the risk of cancer. **T / F**
8. Increased government support for mothers has no impact on lifespans. **T / F**

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

- |                         |                |
|-------------------------|----------------|
| 1. <b>study</b>         | a. procreation |
| 2. <b>affect</b>        | b. spent       |
| 3. <b>perspective</b>   | c. government  |
| 4. <b>invested</b>      | d. statistics  |
| 5. <b>reproduction</b>  | e. influence   |
| 6. <b>data</b>          | f. specimens   |
| 7. <b>samples</b>       | g. damage      |
| 8. <b>favourable</b>    | h. report      |
| 9. <b>wear and tear</b> | i. positive    |
| 10. <b>state</b>        | j. viewpoint   |

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

- |  |                        |
|--|------------------------|
| 1. affect her rate of ageing and       | a. of women            |
| 2. from an evolutionary                | b. resources           |
| 3. organisms have limited              | c. tear                |
| 4. energy is invested                  | d. data                |
| 5. shorter lifespans                   | e. longevity           |
| 6. historical                          | f. biology perspective |
| 7. DNA data and                        | g. and ovarian cancer  |
| 8. a possible lower risk of breast     | h. her lifespan        |
| 9. wear and                            | i. blood samples       |
| 10. Another factor that could increase | j. in reproduction     |

# GAP FILL

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

A new study (1) \_\_\_\_\_ that the number of children a woman has might affect her (2) \_\_\_\_\_ of ageing and her lifespan. Research from the University of Helsinki in Finland found that women who had five children or more, or no children, aged (3) \_\_\_\_\_ than those who had a small number of kids. Researcher Mikaela Hukkanen said: "From an evolutionary (4) \_\_\_\_\_ perspective, organisms have limited resources, such as time and energy. When a large amount of energy is (5) \_\_\_\_\_ in reproduction, it is taken away from bodily maintenance and (6) \_\_\_\_\_ mechanisms, which could reduce lifespan." She added that the (7) \_\_\_\_\_ of shorter lifespans of women who never gave birth was "(8) \_\_\_\_\_".

*biology  
finding  
invested  
rate  
surprising  
suggests  
faster  
repair*

The researchers used (9) \_\_\_\_\_ data in their analysis of parenthood and ageing. They analysed the health data on 14,836 women. Researchers examined DNA data and (10) \_\_\_\_\_ samples, then modelled the effects of reproduction on women's rates of ageing and (11) \_\_\_\_\_. Ms Hukkanen (12) \_\_\_\_\_ that having a smaller number of pregnancies could have favourable effects on a mother's health. One (13) \_\_\_\_\_ is a possible lower risk of breast and ovarian (14) \_\_\_\_\_. However, the "wear and tear" and physical demands of multiple childbirths can (15) \_\_\_\_\_ this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from the (16) \_\_\_\_\_ for having children.

*longevity  
benefit  
state  
historical  
negate  
postulated  
blood  
cancer*

## **LISTENING – Guess the answers. Listen to check.**

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

- 1) A new study suggests that the number of children a woman has might affect her \_\_\_\_\_.
  - a. rate off ageing
  - b. rated of ageing
  - c. rate of aged in
  - d. rate of ageing
- 2) From an evolutionary biology perspective, organisms \_\_\_\_\_.
  - a. have limited resource
  - b. have limited resource is
  - c. have limit it resources
  - d. have limited resources
- 3) When a large amount of energy is \_\_\_\_\_.
  - a. invested at reproduction
  - b. invested in reproduction
  - c. invested of reproduction
  - d. invested din reproduction
- 4) it is taken away from bodily maintenance and repair mechanisms, which \_\_\_\_\_.
  - a. could reduce life spin
  - b. could reduce life's pan
  - c. could reduce life's span
  - d. could reduce lifespan
- 5) She added that the finding of shorter lifespans of women who never gave \_\_\_\_\_.
  - a. birthed was surprising
  - b. birth was surprising
  - c. birther was surprising
  - d. births was surprising
- 6) The researchers used historical data in their \_\_\_\_\_.
  - a. analytics of parenthood
  - b. dialysis of parenthood
  - c. analysis of parenthood
  - d. paralysis of parenthood
- 7) Researchers examined DNA data \_\_\_\_\_.
  - a. and blood samples
  - b. and bloody simples
  - c. and blood sump pulls
  - d. and bloody samples
- 8) having a smaller number of pregnancies could \_\_\_\_\_.
  - a. have favourable infects
  - b. have favourable affects
  - c. have favourable effects
  - d. have favourable reflects
- 9) One benefit is a possible lower risk of breast \_\_\_\_\_.
  - a. and bovine cancer
  - b. and ovine cancer
  - c. and avian cancer
  - d. and ovarian cancer
- 10) Another factor that could increase longevity is the increased social support \_\_\_\_\_.
  - a. a motherly receives
  - b. a mothered receives
  - c. a mother receives
  - d. a mothering receives

# **LISTENING – Listen and fill in the gaps**

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

A new (1) \_\_\_\_\_ the number of children a woman has might affect her (2) \_\_\_\_\_ and her lifespan. Research from the University of Helsinki in Finland found that women who had five children or more, or no children, aged faster than those who had a small (3) \_\_\_\_\_. Researcher Mikaela Hukkanen said: "From an evolutionary biology perspective, organisms have limited resources, such as time and energy. When a (4) \_\_\_\_\_ energy is invested in reproduction, it is taken away (5) \_\_\_\_\_ and repair mechanisms, which could reduce lifespan." She added that the finding of (6) \_\_\_\_\_ women who never gave birth was "surprising".

The researchers used (7) \_\_\_\_\_ their analysis of parenthood and ageing. They analysed the health data on 14,836 women. Researchers examined DNA data (8) \_\_\_\_\_, then modelled the effects of reproduction on women's rates of ageing and longevity. Ms Hukkanen (9) \_\_\_\_\_ a smaller number of pregnancies could have favourable effects on a mother's health. One benefit is a possible lower (10) \_\_\_\_\_ and ovarian cancer. However, the "wear and tear" and physical demands of multiple (11) \_\_\_\_\_ this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from (12) \_\_\_\_\_ having children.

# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

1. What university is the research from?
2. How many children might a woman have to affect her healthy adversely?
3. From what perspective did Mikaela Hukkanen look at her findings?
4. What does reproduction take energy away from?
5. How did Hukkanen feel about lifespans of women who never gave birth?
6. What kind of data did the researchers use in this study?
7. What did the researchers examine besides DNA data?
8. What could have favourable effects on a mother's health?
9. What kinds of cancer could be lowered by having just a few children?
10. Who might mothers receive support from?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

- 1) What university is the research from?
  - a) the University of Hong Kong
  - b) the University of Helsinki
  - c) Harvard University
  - d) Hiroshima University
- 2) How many children might a woman have to affect her healthy adversely?
  - a) three
  - b) four
  - c) six
  - d) five or more
- 3) From what perspective did Mikaela Hukkanen look at her findings?
  - a) from an evolutionary biology perspective
  - b) from the perspective of a woman
  - c) from the perspective of a mother
  - d) from a physiological perspective
- 4) What does reproduction take energy away from?
  - a) mental health
  - b) fitness levels
  - c) bodily maintenance
  - d) everyday chores
- 5) How did Hukkanen feel about lifespans of women who never gave birth?
  - a) She was happy.
  - b) She was surprised.
  - c) She wasn't so interested.
  - d) She was confused.
- 6) What kind of data did the researchers use in this study?
  - a) historical data
  - b) recent data
  - c) data on post-natal depression
  - d) data on mothers in their 20s
- 7) What did the researchers examine besides DNA data?
  - a) BMI (body mass index)
  - b) intelligence
  - c) blood samples
  - d) incidences of cancer
- 8) What could have favourable effects on a mother's health?
  - a) a smaller number of pregnancies
  - b) giving birth in water
  - c) having a natural birth
  - d) having twins or triplets
- 9) What kinds of cancer could be lowered by having just a few children?
  - a) breast and ovarian cancer
  - b) heart cancer
  - c) lung cancer
  - d) cervical cancer
- 10) Who might mothers receive support from?
  - a) grandparents
  - b) fathers
  - c) hospitals
  - d) the state

# ROLE PLAY

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

## **Role A – Baby Says "Mummy"**

You think the baby saying "mummy" is the greatest joy of motherhood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least joyous of these (and why): playing with a baby, bathtime with baby or food time with baby.

## **Role B – Playing with Baby**

You think playing with a baby is the greatest joy of motherhood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least joyous of these (and why): the baby saying "mummy", bathtime with baby or food time with baby.

## **Role C – Bathtime with Baby**

You think bathtime with baby is the greatest joy of motherhood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least joyous of these (and why): playing with a baby, the baby saying "mummy" or food time with baby.

## **Role D – Food Time with Baby**

You think food time with baby is the greatest joy of motherhood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least joyous of these (and why): playing with a baby, bathtime with baby or the baby saying "mummy".

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'children' and 'lifespan'.

children	lifespan

- 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"><li>• new</li><li>• five</li><li>• biology</li><li>• large</li><li>• reduce</li><li>• surprising</li></ul>	<ul style="list-style-type: none"><li>• historical</li><li>• analysed</li><li>• blood</li><li>• smaller</li><li>• wear</li><li>• social</li></ul>
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# HAVING CHILDREN SURVEY

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

Write five GOOD questions about having children 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.

# HAVING CHILDREN 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 'children'?
3. What's the best number of children to have?
4. What do you think of the cost of having children?
5. Why are people having fewer children in many countries?
6. What are the benefits of having children?
7. What do you know about evolutionary biology?
8. What link do you think there is between childbirth and longevity?
9. What effect do you think children have on fathers' longevity?
10. How can governments encourage people to have more children?

*Number of children affects lifespan of mothers – 26th January 2026*  
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# HAVING CHILDREN 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 'lifespan'?
13. What do you think about what you read?
14. What are the benefits of not having children?
15. Why do women live longer than men?
16. How can we reduce the 'wear and tear' on our body?
17. What three adjectives best describe this news story?
18. What will birth rates be like in the future?
19. What kind of support should states give mothers?
20. What questions would you like to ask the researchers?

## **DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **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/2601/260126-having-children-and-lifespan.html>

A new study (1) \_\_\_\_ that the number of children a woman has might affect her rate of ageing and (2) \_\_\_\_ lifespan. Research from the University of Helsinki in Finland found that women who had five children or (3) \_\_\_\_ , or no children, aged faster than those who had a small number of kids. Researcher Mikaela Hukkanen said: "From an evolutionary biology (4) \_\_\_\_ , organisms have limited resources, such as time and energy. When a large amount of energy is invested in reproduction, it is taken away from (5) \_\_\_\_ maintenance and repair mechanisms, which could reduce lifespan." She added that the finding (6) \_\_\_\_ shorter lifespans of women who never gave birth was "surprising".

The researchers used historical data in their (7) \_\_\_\_ of parenthood and ageing. They analysed the health data (8) \_\_\_\_ 14,836 women. Researchers examined DNA data and blood samples, then modelled the effects of reproduction on women's rates of ageing and (9) \_\_\_\_ . Ms Hukkanen postulated that having a smaller number of pregnancies could have favourable effects on a mother's health. One benefit is a possible (10) \_\_\_\_ risk of breast and ovarian cancer. However, the "wear and tear" and physical demands of multiple childbirths can (11) \_\_\_\_ this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from the (12) \_\_\_\_ for having children.

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

- |     |                  |                  |                |                 |
|-----|------------------|------------------|----------------|-----------------|
| 1.  | (a) suggests     | (b) suggestive   | (c) suggestion | (d) suggest     |
| 2.  | (a) their        | (b) the          | (c) her        | (d) that        |
| 3.  | (a) many         | (b) some         | (c) more       | (d) most        |
| 4.  | (a) perseverance | (b) perspiration | (c) Perspex    | (d) perspective |
| 5.  | (a) bodily       | (b) bodied       | (c) bodies     | (d) embody      |
| 6.  | (a) at           | (b) of           | (c) to         | (d) on          |
| 7.  | (a) paralysis    | (b) dialysis     | (c) analyse    | (d) analysis    |
| 8.  | (a) at           | (b) on           | (c) as         | (d) to          |
| 9.  | (a) longing      | (b) longed       | (c) longevity  | (d) lengthening |
| 10. | (a) lowish       | (b) lower        | (c) lowing     | (d) lowly       |
| 11. | (a) agate        | (b) litigate     | (c) relegate   | (d) negate      |
| 12. | (a) county       | (b) state        | (c) district   | (d) borough     |

# **SPELLING**

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

## **Paragraph 1**

1. her rate of iangge (British English spelling)
2. rntauyvooile biology
3. icvepspteer
4. sgmaronis have limited resources
5. taken away from bodily ninamctaen
6. repair hsencmamsi

## **Paragraph 2**

7. trcsliihao data
8. rates of ageing and lvogetiyn
9. Ms Hukkanen poealtstdu that
10. a smaller number of enagirncesp
11. breast and vranaio cancer
12. physical demands of mpilutel childbirths

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

**Number these lines in the correct order.**

- ( 1 ) A new study suggests that the number of children a woman has might affect her rate of ageing and her
- ( ) and energy. When a large amount of energy is invested in reproduction, it is taken away from bodily maintenance
- ( ) and repair mechanisms, which could reduce lifespan." She added that the finding
- ( ) childbirths can negate this lowered risk. Another factor that could increase longevity is the
- ( ) data on 14,836 women. Researchers examined DNA data and blood samples, then
- ( ) having a smaller number of pregnancies could have favourable effects on a mother's health. One benefit is a possible lower
- ( ) increased social support a mother receives from the state for having children.
- ( ) lifespan. Research from the University of Helsinki in Finland found that women who had five children
- ( ) modelled the effects of reproduction on women's rates of ageing and longevity. Ms Hukkanen postulated that
- ( ) of shorter lifespans of women who never gave birth was "surprising".
- ( ) or more, or no children, aged faster than those who had a small number of kids. Researcher Mikaela Hukkanen
- ( ) risk of breast and ovarian cancer. However, the "wear and tear" and physical demands of multiple
- ( ) said: "From an evolutionary biology perspective, organisms have limited resources, such as time
- ( ) The researchers used historical data in their analysis of parenthood and ageing. They analysed the health

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

1. a children has number of The woman .
2. children five had more or The who women .
3. and energy have limited like Organisms resources time .
4. amounts are energy in invested Large of reproduction .
5. birth gave lifespans never of Shorter who women .
6. analysis data historical in researchers The their used .
7. ageing Effects of on reproduction rates women's .
8. could effects favourable have numbers of pregnancies Smaller .
9. a benefit cancer is lower of One risk .
10. a increased mother receives social support The .

## CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

A new study suggests that the *numeral / number* of children a woman has might affect her *rate of / at* ageing and her lifespan. Research from the University of Helsinki in Finland found *what / that* women who had five children or *more / many*, or no children, aged faster than *those / them* who had a small number of kids. Researcher Mikaela Hukkanen said: "From an evolutionary biology *receptive / perspective*, organisms have limited *resources / resource*, such as time and energy. When a large amount of energy is invested *in / on* reproduction, it is taken away from bodily maintenance and repair mechanisms, which could *reduce / deduce* lifespan." She added that the finding of shorter lifespans of women who never gave birth was "*surprised*" / "*surprising*".

The researchers used *historical / historically* data in their analysis of parenthood and *ageism / ageing*. They analysed the health data *in / on* 14,836 women. Researchers examined DNA data and blood *sample / samples*, then modelled the effects of reproduction on women's rates of ageing and longevity. Ms Hukkanen *postulating / postulated* that having a smaller number of pregnancies could have favourable *affects / effects* on a mother's health. One benefit is a possible *slower / lower* risk of breast and ovarian cancer. However, the "wear and *fear / tear*" and physical demands of multiple childbirths can *negate / negotiate* this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from the *country / state* for having children.

**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/2601/260126-having-children-and-lifespan.html>

\_ n\_w st\_dy s\_gg\_sts th\_t th\_ n\_mb\_r \_f ch\_ldr\_n \_  
w\_m\_n h\_s m\_ght \_ff\_ct h\_r r\_t\_ \_f \_g\_ng \_nd h\_r  
l\_f\_sp\_n. R\_s\_\_rch fr\_m th\_ \_n\_v\_rs\_ty \_f H\_ls\_nk\_ \_n  
F\_nl\_nd f\_\_nd th\_t w\_m\_n wh\_ h\_d f\_v\_ ch\_ldr\_n \_r  
m\_r\_, \_r n\_ ch\_ldr\_n, \_g\_d f\_st\_r th\_n th\_s\_ wh\_ h\_d  
\_ sm\_ll n\_mb\_r \_f k\_ds. R\_s\_\_rch\_r M\_k\_\_l\_ H\_kk\_n\_n  
s\_\_d: "Fr\_m \_n \_v\_l\_t\_n\_r\_y b\_\_l\_gy p\_rsp\_ct\_v\_,  
\_rg\_n\_sms h\_v\_ l\_m\_t\_d r\_s\_\_rc\_s, s\_ch \_s t\_m\_ \_nd  
\_n\_rgy. Wh\_n \_ l\_rg\_ \_m\_\_nt \_f \_n\_rgy \_s \_nv\_st\_d  
\_n r\_pr\_d\_ct\_\_n, \_t \_s t\_k\_n \_w\_y fr\_m b\_d\_ly  
m\_\_nt\_n\_nc\_ \_nd r\_p\_\_r m\_ch\_n\_sms, wh\_ch c\_\_ld  
r\_d\_c\_ l\_f\_sp\_n." Sh\_ \_dd\_d th\_t th\_ f\_nd\_ng \_f  
sh\_rt\_r l\_f\_sp\_ns \_f w\_m\_n wh\_ n\_v\_r g\_v\_ b\_rth w\_s  
"s\_rpr\_s\_ng".

Th\_ r\_s\_\_rch\_rs \_s\_d h\_st\_r\_c\_l d\_t\_ \_n th\_\_r \_n\_lyss\_s  
\_f p\_r\_nt\_h\_\_d \_nd \_g\_ng. Th\_y \_n\_lyss\_d th\_ h\_\_lth  
d\_t\_ \_n 14,836 w\_m\_n. R\_s\_\_rch\_rs \_x\_m\_n\_d DN\_  
d\_t\_ \_nd bl\_\_d s\_mpl\_s, th\_n m\_d\_ll\_d th\_ \_ff\_cts \_f  
r\_pr\_d\_ct\_\_n \_n w\_m\_n's r\_t\_s \_f \_g\_ng \_nd  
l\_ng\_v\_ty. Ms H\_kk\_n\_n p\_st\_l\_t\_d th\_t h\_v\_ng \_  
sm\_ll\_r n\_mb\_r \_f pr\_gn\_nc\_s c\_\_ld h\_v\_ f\_v\_\_r\_bli\_  
\_ff\_cts \_n \_ m\_th\_r's h\_\_lth. \_n\_ b\_n\_f\_t \_s \_  
p\_ss\_bli\_ l\_w\_r r\_sk \_f br\_\_st \_nd \_v\_r\_n c\_nc\_r.  
H\_w\_v\_r, th\_ "w\_\_r \_nd t\_\_r" \_nd phys\_c\_l d\_m\_nds \_f  
m\_lt\_pl\_ ch\_ldb\_rths c\_n n\_g\_t\_ th\_s l\_w\_r\_d r\_sk.  
\_n\_th\_r f\_ct\_r th\_t c\_\_ld \_ncr\_s\_ l\_ng\_v\_ty \_s th\_  
\_ncr\_s\_d s\_c\_\_l s\_pp\_rt \_ m\_th\_r r\_c\_\_v\_s fr\_m th\_  
st\_t\_ f\_r h\_v\_ng ch\_ldr\_n.

## PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

a new study suggests that the number of children a woman has might affect her rate of ageing and her lifespan research from the university of helsinki in finland found that women who had five children or more or no children aged faster than those who had a small number of kids researcher mikaela hukkanen said from an evolutionary biology perspective organisms have limited resources such as time and energy when a large amount of energy is invested in reproduction it is taken away from bodily maintenance and repair mechanisms which could reduce lifespan she added that the finding of shorter lifespans of women who never gave birth was surprising

the researchers used historical data in their analysis of parenthood and ageing they analysed the health data on 14836 women researchers examined dna data and blood samples then modelled the effects of reproduction on womens rates of ageing and longevity ms hukkanen postulated that having a smaller number of pregnancies could have favourable effects on a mothers health one benefit is a possible lower risk of breast and ovarian cancer however the wear and tear and physical demands of multiple childbirths can negate this lowered risk another factor that could increase longevity is the increased social support a mother receives from the state for having children

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

A new study suggests that the number of children a woman has might affect the rate of ageing and her lifespan. Research from the University of Helsinki in Finland found that women who had five children or more, or no children, aged faster than those who had a small number of kids. Researcher Mikaela Hukkanen said: "From an evolutionary biology perspective, organisms have limited resources, such as time and energy. When a large amount of energy is invested in reproduction, it is taken away from bodily maintenance and repair mechanisms, which could reduce lifespan." She added that the finding of shorter lifespans of women who ever gave birth was "surprising". The researchers used historical data in their analysis of parenthood and ageing. They analysed the health data on 14,836 women. Researchers examined DNA data and blood samples, then modelled the effects of reproduction on women's rates of ageing and longevity. Ms Hukkanen postulated that having a smaller number of pregnancies could have favourable effects on a mother's health. One benefit is a possible lower risk of breast and ovarian cancer. However, the "wear and tear" and physical demands of multiple childbirths can negate this lowered risk. Another factor that could increase longevity is the increased social support a mother receives from the state for having children.

# FREE WRITING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

Write about **having children** for 10 minutes. Comment on your partner's paper.

## ACADEMIC WRITING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan.html>

Governments should provide lots of money for people to have children. Discuss.

# 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. CHILDREN:** Make a poster about children. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. HAVING MORE CHILDREN:** Write a magazine article about people having more children. 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 children. Ask him/her three questions about them. Give him/her three of your ideas on how to get people to have more children. 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. f | 3. c  | 4. a  | 5. g  | 6. d  | 7. e  |
| 8. m | 9. n | 10. k | 11. h | 12. l | 13. j | 14. i |

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. The University of Helsinki
2. Five or more
3. From an evolutionary biology perspective
4. Bodily maintenance and repair mechanisms
5. She was shocked.
6. Historical data
7. Blood samples
8. A smaller number of pregnancies
9. Breast and ovarian cancer
10. The state

## WORDS IN THE RIGHT ORDER (p.19)

1. The number of children a woman has.
2. The women who had five children or more.
3. Organisms have limited resources, like time and energy.
4. Large amounts of energy are invested in reproduction.
5. Shorter lifespans of women who never gave birth.
6. The researchers used historical data in their analysis.
7. Effects of reproduction on women's rates of ageing.
8. Smaller numbers of pregnancies could have favourable effects.
9. One benefit is a lower risk of cancer.
10. The increased social support a mother receives.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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