

# NEWS ENGLISH LESSONS.com

## Japanese people have sushi stomachs

**MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:**

<http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

### IN THIS LESSON:

|                            |    |
|----------------------------|----|
| The Reading / Tapescript   | 2  |
| Phrase Match               | 3  |
| Listening Gap Fill         | 4  |
| Multiple Choice            | 5  |
| Spelling                   | 6  |
| Put the Text Back Together | 7  |
| Scrambled Sentences        | 8  |
| Discussion                 | 9  |
| Writing                    | 10 |
| Homework                   | 11 |

**ALL ANSWERS ARE IN THE TEXT ON PAGE 2.**

**8th April, 2010**

# THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

Japanese people have special stomachs that can digest seaweed used for sushi. People from other countries do not have the bacteria that does this. This is according to a team of French researchers. They analyzed the bacteria in the stomachs of Japanese and American people. Dr Mirjam Czjzek, team leader of the research, said Japanese people build up this bacteria following years of eating sushi as a major part of their diet. The Japanese started eating sushi over 1,200 years ago. Scientists now need to find out if non-Japanese people can develop this.

Japanese food is famous for being very healthy. In particular, sushi is full of vitamins and minerals. The fish is a great source of protein, and the rice gives us carbohydrates. Sushi is also good for us because it is so fresh. Of course, the fish is almost always raw. Many people around the world now eat sushi. It has become an international food. Perhaps sushi is one of the reasons why Japanese people live so long. It is certainly much healthier than a lot of other world food. Sushi is also great fun to eat and it always looks so nice.

# PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

**Match the following phrases from the article.**

## Paragraph 1

- |                         |                           |
|-------------------------|---------------------------|
| 1. Japanese people have | a. French researchers     |
| 2. digest               | b. up this bacteria       |
| 3. a team of            | c. seaweed used for sushi |
| 4. They analyzed        | d. of their diet          |
| 5. people build         | e. special stomachs       |
| 6. a major part         | f. the bacteria           |

## Paragraph 2

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Japanese food is famous for | a. always raw         |
| 2. sushi is full of vitamins   | b. of protein         |
| 3. a great source              | c. live so long       |
| 4. the fish is almost          | d. being very healthy |
| 5. reasons why Japanese people | e. so nice            |
| 6. it always looks             | f. and minerals       |

# LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

Japanese people have special stomachs \_\_\_\_\_ seaweed used for sushi. People from other countries do not have the \_\_\_\_\_ this. This is according to a team of French researchers. They \_\_\_\_\_ in the stomachs of Japanese and American people. Dr Mirjam Czjzek, team leader of the research, said Japanese \_\_\_\_\_ bacteria following years of eating sushi \_\_\_\_\_ of their diet. The Japanese started eating sushi over 1,200 years ago. Scientists \_\_\_\_\_ out if non-Japanese people can develop this.

Japanese food is \_\_\_\_\_ very healthy. In particular, sushi is full of vitamins and minerals. The fish \_\_\_\_\_ protein, and the rice gives us carbohydrates. Sushi \_\_\_\_\_ because it is so fresh. Of course, the fish is \_\_\_\_\_. Many people around the world now eat sushi. It has become an international food. Perhaps sushi is \_\_\_\_\_ why Japanese people live so long. It is certainly much healthier than a lot of other world food. Sushi is \_\_\_\_\_ and it always looks so nice.

# MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

Japanese people have (1) \_\_\_\_\_ stomachs that can digest seaweed used for sushi. People from other countries do not have the bacteria that does this. This is according to a team of French (2) \_\_\_\_\_. They analyzed the bacteria in the stomachs of Japanese and American people. Dr Mirjam Czjzek, team leader of the research, said Japanese people build (3) \_\_\_\_\_ this bacteria following years of eating sushi as a major part of their (4) \_\_\_\_\_. The Japanese started eating sushi over 1,200 years ago. Scientists now need to find out if (5) \_\_\_\_\_-Japanese people can develop this.

Japanese food is famous (6) \_\_\_\_\_ being very healthy. In particular, sushi is (7) \_\_\_\_\_ of vitamins and minerals. The fish is a great source of protein, and the rice gives us carbohydrates. Sushi is also good for us because it is so fresh. Of course, the fish is (8) \_\_\_\_\_ always raw. Many people around the world now eat sushi. It has become an international food. Perhaps sushi is one of the (9) \_\_\_\_\_ why Japanese people live so long. It is certainly much healthier than a lot of other world food. Sushi is also great (10) \_\_\_\_\_ to eat and it always looks so nice.

## Put the correct words from this table into the article.

- |     |                |                 |                  |
|-----|----------------|-----------------|------------------|
| 1.  | (a) special    | (b) specially   | (c) specials     |
| 2.  | (a) researched | (b) reserachinh | (c) researchers  |
| 3.  | (a) down       | (b) up          | (c) at           |
| 4.  | (a) diet       | (b) dietary     | (c) go on a diet |
| 5.  | (a) no         | (b) not         | (c) non          |
| 6.  | (a) for        | (b) of          | (c) to           |
| 7.  | (a) fully      | (b) full        | (c) filling      |
| 8.  | (a) most       | (b) moist       | (c) almost       |
| 9.  | (a) reason     | (b) reasons     | (c) reasoning    |
| 10. | (a) fun        | (b) funnies     | (c) funny        |

# SPELLING

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

**Spell the jumbled words (from the text) correctly.**

## Paragraph 1

1. eacipsl stomachs
2. aorgidccn to a team of French researchers
3. team elrdae
4. build up this bericata
5. a ajomr part of their diet
6. people can lpoeedy this

## Paragraph 2

7. famous for being very eayhtlh
8. ivtiansm and minerals
9. great source of toerpni
10. it is so rshfe
11. one of the asrosen
12. enytlaric much healthier

# PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

## Number these lines in the correct order.

- ( ) always raw. Many people around the world now eat sushi. It has become an international food. Perhaps sushi is one of the reasons
- ( ) Japanese food is famous for being very healthy. In particular, sushi is full of vitamins and minerals. The fish is a great source
- ( ) ago. Scientists now need to find out if non-Japanese people can develop this.
- ( ) of protein, and the rice gives us carbohydrates. Sushi is also good for us because it is so fresh. Of course, the fish is almost
- ( ) years of eating sushi as a major part of their diet. The Japanese started eating sushi over 1,200 years
- ( ) world food. Sushi is also great fun to eat and it always looks so nice.
- ( ) Japanese and American people. Dr Mirjam Czjzek, team leader of the research, said Japanese people build up this bacteria following
- ( ) bacteria that does this. This is according to a team of French researchers. They analyzed the bacteria in the stomachs of
- ( ) why Japanese people live so long. It is certainly much healthier than a lot of other
- ( **1** ) Japanese people have special stomachs that can digest seaweed used for sushi. People from other countries do not have the

# THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

**With a partner, put the words back into the correct order.**

1. that stomachs Special seaweed digest can.

---

2. a According French team to researchers of.

---

3. a of as part diet sushi major their Eating.

---

4. over ago eating 1,200 years. Japanese started sushi

---

5. if non-Japanese this develop can people Find out.

---

6. famous for Japanese being food very is healthy.

---

7. a great The source fish of is protein.

---

8. always fish almost raw The is.

---

9. the world Many now people eat around sushi.

---

10. to Sushi also fun eat is great.

---



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

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

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

Copyright © www.NewsEnglishLessons.com

---

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

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

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

# WRITING

From: <http://www.NewsEnglishLessons.com/1004/100408-sushi.html>

**Write about sushi for 10 minutes. Show your partner your paper. Correct each other's work.**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# 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 more information about sushi. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about international food. Include imaginary interviews with two people who travel the world eating. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. 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.

**5. LETTER:** Write a letter to a sushi expert. Ask him/her three questions about sushi. Give him/her three of your opinions on sushi. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.