

# NEWS ENGLISH LESSONS.com

## Family meals keep kids slimmer

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

[http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

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

**3rd May, 2011**

# THE READING / TAPESCRIPT

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

A new study shows that family meals help children stay slim. Researchers from the University of Illinois found that kids who eat at the table with their family are healthier and have a lower risk of obesity. The research team also says that sitting down for breakfast, lunch or dinner teaches children healthy eating habits. Researcher Dr Amber Hammons wrote: "Families that eat five or more meals together have children who are up to 25 per cent less likely to encounter nutritional health issues."

Family meals also encourage other positive behaviour in children. They learn better manners sitting at the table and are more sociable because they join their parents' conversation. This is not the case with children who eat alone or who sit in front of the television with their meal. In recent decades, more and more children sit on the sofa watching TV. This can lead to their food going cold and them not eating it. Eating alone also means the child misses out on developing social skills.

# PHRASE MATCH

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

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

## Paragraph 1

- |                           |                       |
|---------------------------|-----------------------|
| 1. family meals help      | a. at the table       |
| 2. kids who eat           | b. likely             |
| 3. sitting down for       | c. health issues      |
| 4. healthy eating         | d. children stay slim |
| 5. up to 25 per cent less | e. breakfast          |
| 6. encounter nutritional  | f. habits             |

## Paragraph 2

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. encourage other positive       | a. sitting at the table |
| 2. They learn better manners      | b. going cold           |
| 3. they join their parents'       | c. eat alone            |
| 4. not the case with children who | d. behaviour            |
| 5. This can lead to their food    | e. out                  |
| 6. the child misses               | f. conversation         |

# LISTENING GAP FILL

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

A \_\_\_\_\_ that family meals help children stay slim. Researchers from the University of Illinois found that kids who eat \_\_\_\_\_ their family are healthier and have a \_\_\_\_\_. The research team also says that sitting down for breakfast, lunch or dinner teaches children \_\_\_\_\_. Researcher Dr Amber Hammons wrote: "Families that eat five or \_\_\_\_\_ have children who are up to 25 per cent \_\_\_\_\_ nutritional health issues."

Family meals \_\_\_\_\_ positive behaviour in children. They \_\_\_\_\_ sitting at the table and are more sociable because they join their parents' conversation. This \_\_\_\_\_ children who eat alone or who sit in front of the television with their meal. In recent decades, more and \_\_\_\_\_ on the sofa watching TV. This can \_\_\_\_\_ going cold and them not eating it. Eating alone also means the child misses out on \_\_\_\_\_.

# MULTIPLE CHOICE

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

A new study (1) \_\_\_\_\_ that family meals help children stay slim. Researchers from the University of Illinois (2) \_\_\_\_\_ that kids who eat at the table with their family are healthier and have a lower risk (3) \_\_\_\_\_ obesity. The research team also says that sitting down for breakfast, lunch or dinner teaches children healthy eating (4) \_\_\_\_\_. Researcher Dr Amber Hammons wrote: "Families (5) \_\_\_\_\_ eat five or more meals together have children who are up to 25 per cent less (6) \_\_\_\_\_ to encounter nutritional health issues."

Family meals also encourage other positive behaviour in children. They learn better (7) \_\_\_\_\_ sitting at the table and are more sociable because they (8) \_\_\_\_\_ their parents' conversation. This is not the case (9) \_\_\_\_\_ children who eat alone or who sit in front of the television with their meal. In (10) \_\_\_\_\_ decades, more and more children sit on the sofa watching TV. This can lead to their food (11) \_\_\_\_\_ cold and them not eating it. Eating alone also means the child misses (12) \_\_\_\_\_ on developing social skills.

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

- |     |               |              |                |
|-----|---------------|--------------|----------------|
| 1.  | (a) showing   | (b) shows    | (c) show       |
| 2.  | (a) discovery | (b) found    | (c) looks up   |
| 3.  | (a) of        | (b) for      | (c) by         |
| 4.  | (a) habit     | (b) habitual | (c) habits     |
| 5.  | (a) that      | (b) what     | (c) when       |
| 6.  | (a) liking    | (b) likable  | (c) likely     |
| 7.  | (a) manners   | (b) mannered | (c) manner     |
| 8.  | (a) connect   | (b) join     | (c) link       |
| 9.  | (a) about     | (b) where    | (c) with       |
| 10. | (a) recent    | (b) lately   | (c) these days |
| 11. | (a) coming    | (b) going    | (c) doing      |
| 12. | (a) in        | (b) up       | (c) out        |

# SPELLING

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

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

## Paragraph 1

1. ehcsRseerra from the university
2. a lower risk of soiebyt
3. igsntti down for breakfast
4. healthy eating bsthai
5. up to 25% less illeky
6. health iussse

## Paragraph 2

7. encourage other seipivto behaviour
8. They learn better esanmnr
9. In recent acdsdee
10. food oggni cold
11. the child ssmise out
12. developing social llkssi

# PUT THE TEXT BACK TOGETHER

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

## Number these lines in the correct order.

- ( ) means the child misses out on developing social skills.
- ( **1** ) A new study shows that family meals help children stay slim. Researchers from
- ( ) 25 per cent less likely to encounter nutritional health issues.”
- ( ) manners sitting at the table and are more sociable because they join their parents’ conversation. This is not the
- ( ) teaches children healthy eating habits. Researcher Dr Amber Hammons wrote: “Families that
- ( ) decades, more and more children sit on the sofa watching TV. This can lead to their food
- ( ) case with children who eat alone or who sit in front of the television with their meal. In recent
- ( ) risk of obesity. The research team also says that sitting down for breakfast, lunch or dinner
- ( ) eat five or more meals together have children who are up to
- ( ) the University of Illinois found that kids who eat at the table with their family are healthier and have a lower
- ( ) going cold and them not eating it. Eating alone also
- ( ) Family meals also encourage other positive behaviour in children. They learn better

# WORD JUMBLE

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

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

1. stay meals children slim Family help.

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2. at with eat table family who the their Kids.

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3. meals eat together five or Families more that.

---

4. likely less cent per 25 to Up.

---

5. issues health nutritional encounter to likely Less.

---

6. other encourage also meals Family behavior positive.

---

7. manners sitting They at learn the better table.

---

8. with children who eat alone This is not the case.

---

9. on the More sofa children watching sit TV.

---

10. This food can going lead cold to their.

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## **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. \_\_\_\_\_

# WRITING

From: [http://www.NewsEnglishLessons.com/1105/110503-family\\_meals.html](http://www.NewsEnglishLessons.com/1105/110503-family_meals.html)

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

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# 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. FAMILY MEALS:** Search the Internet and find more information about family meals. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about family meals. Include imaginary interviews with parents who sit with their children at meal times and those who don't. 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 family behavior expert. Ask him/her three questions about family meals. Give him/her three of your opinions on them. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.