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Olive oil reduces risk of stroke

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

http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

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16th June, 2011

THE READING / TAPESCRIPT

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

It is a well-known fact that olive oil is good for our health. Many studies show people who use a lot of olive oil in their food have fewer heart attacks. A new study finds that olive oil also cuts the risk of having a stroke. A report from France's University of Bordeaux finds that using a lot of olive oil in cooking and salad dressings reduces the risk of stroke by an average of 41 per cent. Research leader Dr Cécilia Samieri said doctors should recommend olive oil for older people, alongside more fruit and vegetables and less salt.

There has been lots of research into the benefits of olive oil with diabetes, high blood pressure, heart disease and obesity. The places in the world where people use a lot of olive oil are those where people live longer. Olive oil is a key part of the Mediterranean diet, which is famous for being healthy. Thousands of years ago people called olive oil "liquid gold". In ancient Greece, people used it as medicine and athletes rubbed it all over their bodies because they believed they would run faster.

PHRASE MATCH

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

Match the following phrases from the article.

Paragraph 1

- | | |
|------------------------|---------------------|
| 1. a well- | a. having a stroke |
| 2. good for | b. of 41 per cent |
| 3. cuts the risk of | c. dressings |
| 4. salad | d. known fact |
| 5. by an average | e. for older people |
| 6. recommend olive oil | f. our health |

Paragraph 2

- | | |
|-------------------------------|-----------------------|
| 1. research into the benefits | a. longer |
| 2. high blood | b. over their bodies |
| 3. where people live | c. pressure |
| 4. a key part of the | d. "liquid gold" |
| 5. people called olive oil | e. of olive oil |
| 6. athletes rubbed it all | f. Mediterranean diet |

LISTENING GAP FILL

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

It _____ that olive oil is good for our health. Many studies show people _____ olive oil in their food have fewer heart attacks. A new study finds that olive oil _____ of having a stroke. A report from France's University of Bordeaux finds _____ olive oil in cooking and salad dressings reduces the risk of stroke _____ 41 per cent. Research leader Dr Cécilia Samieri said doctors should recommend olive oil for older people, _____ and vegetables and less salt.

There has been lots _____ the benefits of olive oil with diabetes, high _____, heart disease and obesity. The places in the world where people use a lot of olive oil _____ people live longer. Olive oil is a key part of the Mediterranean diet, which _____ being healthy. Thousands of years ago people called olive oil "liquid gold". In ancient Greece, people used it as medicine and athletes _____ their bodies because they believed they _____.

MULTIPLE CHOICE

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

It is a well-(1) _____ fact that olive oil is good for our health. Many studies show people who use a lot of olive oil in their food have (2) _____ heart attacks. A new study finds that olive oil also cuts the risk (3) _____ having a stroke. A report from France's University of Bordeaux finds that (4) _____ a lot of olive oil in cooking and salad dressings reduces the risk of stroke by an average (5) _____ 41 per cent. Research leader Dr Cécilia Samieri said doctors should recommend olive oil for older people, alongside more fruit and vegetables and (6) _____ salt.

There has been lots of research (7) _____ the benefits of olive oil with diabetes, high blood pressure, heart disease and obesity. The places in the world where people use a lot of olive oil are (8) _____ where people live longer. Olive oil is a (9) _____ part of the Mediterranean diet, which is famous (10) _____ being healthy. Thousands of years ago people called olive oil "(11) _____ gold". In ancient Greece, people used it as medicine and athletes rubbed it (12) _____ over their bodies because they believed they would run faster.

Put the correct words from this table into the article.

- | | | | |
|-----|------------|-------------|---------------|
| 1. | (a) knew | (b) knows | (c) known |
| 2. | (a) cuts | (b) fewer | (c) less than |
| 3. | (a) with | (b) of | (c) at |
| 4. | (a) using | (b) uses | (c) used |
| 5. | (a) in | (b) of | (c) as |
| 6. | (a) fewer | (b) smaller | (c) less |
| 7. | (a) into | (b) onto | (c) at |
| 8. | (a) them | (b) those | (c) they |
| 9. | (a) lock | (b) chain | (c) key |
| 10. | (a) for | (b) at | (c) of |
| 11. | (a) liquid | (b) solid | (c) gas |
| 12. | (a) every | (b) entire | (c) all |

SPELLING

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. It is a well-nkwno fact
2. have fewer heart caktats
3. the risk of having a troesk
4. aslad dressings
5. by an rgavaee of 41%
6. loinedasg more fruit

Paragraph 2

7. lots of aehsrscr
8. the inesbfet of olive oil
9. people live grloen
10. asufom for being healthy
11. "iiqdlu gold"
12. dreubb it all over their bodies

PUT THE TEXT BACK TOGETHER

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

Number these lines in the correct order.

- () pressure, heart disease and obesity. The places in the world where people use a lot of olive oil are those
- () 41 per cent. Research leader Dr Cécilia Samieri said doctors should recommend olive oil for
- () of olive oil in their food have fewer heart attacks. A new study finds that olive oil also cuts the risk of
- () cooking and salad dressings reduces the risk of stroke by an average of
- () There has been lots of research into the benefits of olive oil with diabetes, high blood
- (**1**) It is a well-known fact that olive oil is good for our health. Many studies show people who use a lot
- () for being healthy. Thousands of years ago people called olive oil “liquid
- () having a stroke. A report from France’s University of Bordeaux finds that using a lot of olive oil in
- () where people live longer. Olive oil is a key part of the Mediterranean diet, which is famous
- () over their bodies because they believed they would run faster.
- () older people, alongside more fruit and vegetables and less salt.
- () gold”. In ancient Greece, people used it as medicine and athletes rubbed it all

WORD JUMBLE

From: http://www.NewsEnglishLessons.com/1106/110616-olive_oil.html

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

1. for good is oil Olive health our.

2. a use who People food their in oil olive of lot.

3. of having a stroke Olive oil also cuts the risk.

4. in lot cooking of olive Using oil a.

5. Doctors for should older recommend people olive oil.

6. Research oil olive of benefits the into.

7. lot in where a Places world use the people.

8. oil is a key part of the Mediterranean diet Olive.

9. gold oil called liquid olive People.

10. all it rubbed Athletes bodies their over.

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/1106/110616-olive_oil.html

Write about olive oil 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. OLIVE OIL: Search the Internet and find more information about olive oil. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about olive oil. Include imaginary interviews with olive oil experts and doctors . 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 an olive oil expert. Ask him/her three questions about olive oil. Give him/her three of your opinions on it. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.