



Pre-Reading Activities

A: Vocabulary

1. Match the words below with the correct picture.



cheese, yogurt, cabbage, apple

2. Put the words from 1. in the correct group:

Dairy: _____

Fruit: _____

Vegetable: _____

B: Discussion

Which of these is **true** for old people?

1. It is difficult to climb stairs.
2. It is difficult to hear and see.
3. It is difficult to walk.
4. It is difficult to rest.

Reading Activities

A: Reading The Headline

Read today's headline: **Eating Fruit, Vegetables And Dairy Foods Helps When You Are Old!**

Fill the gap in the sentence: *Eating lots of fruit, vegetables and dairy foods may help you when you are an _____ person.*

B: Understanding The Main Idea

1. Read this sentence: "People who eat fruit, vegetables and dairy foods may not have problems with walking or climbing stairs when they are old."

Answer the question: *What foods can help you climb stairs when you are old?*

2. Read this sentence: "The study looked at 9,404 Americans aged 45 - 65 years old for nine years."

Answer the question: *How old were the people in the study?*

3. Read this sentence: "The results were better for African American women than white American women."

Answer the question: *Which results were better: the results of African American women or the results of white American women?*



C: True or False

Read today's article. Decide if these sentences are true (T) or false (F).

1. African-American women who did not eat lots of fruit, vegetables and dairy foods had fewer problems doing housework.
2. Dairy foods help keep African-American women healthy when they are old.
3. 9,904 Europeans were in the study.
4. White women who ate lots of fruit, vegetables and dairy foods had more problems than those white women who didn't.
5. The study was for nine years.

Eating Fruit, Vegetables And Dairy Foods Helps When You Are Old

NEW YORK Fri Mar 4, 2005 (Reuters Health) - People who eat fruit, vegetables and dairy foods may not have problems with walking or climbing stairs when they are old.

In a study African-American women who ate lots of fruit and vegetables each day had **fewer** problems with walking, climbing stairs or doing housework than those women who did not eat many fruit and vegetables. Eating dairy foods like cheese and yogurt was also important.

The **results** were better for African American women than white American women, but white women who ate fruit, vegetables and dairy foods also had better results.

The study looked at 9,404 Americans aged between 45 and 65 years old for nine years.

Results: American Journal of Clinical Nutrition February 2005

Words:

fewer - not so many

results - the scores or numbers that show what happened

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D: Check Your Understanding

Read the article again. Choose the correct word in these sentences.

1. It is *easy* / *difficult* for old people to walk, climb stairs or do housework.
2. A study found that people who eat fruit, vegetables and dairy foods may have *fewer* / *more* problems.
3. The study found that African American women who ate fruit, vegetables and dairy foods every day had *fewer* / *more* problems than African-American women who didn't.
4. White women who ate fruit, vegetables and dairy foods every day had *fewer* / *more* problems than white women who didn't.
5. African-American women who ate fruit, vegetables and dairy foods had problems than white women who ate the same foods.

Post-Reading Activities

A: Language

Look at the pictures.

Robin

I eat lots of fish, fruit and vegetables. My diet is healthy.



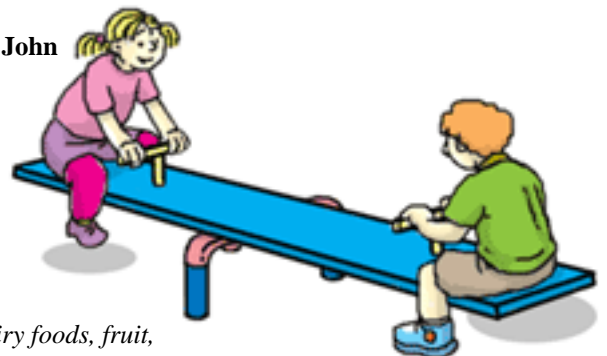
Harry

I eat lots of hamburgers and French Fries. My diet is unhealthy.

(**diet** - foods you usually eat)

Jody and John

We eat dairy foods, fruit, vegetables, fish and chicken. Our diet is healthy.



Read these sentences.

Harry eats lots of hamburgers and French Fries. His diet is unhealthy.

Robin eats lots of fish, fruit and vegetables. Her diet is healthy.

Jody and John eat dairy foods, fruit, vegetables, fish and chicken. Their diet is healthy.

my, his, her and *our* are examples of **possessive adjectives**. We use them to say what belongs to someone.

1. Ask four other students what they eat. Ask your teacher what he or she eats. What do you eat?

Student 1: _____
Student 2: _____
Student 3: _____
Student 4: _____
Teacher: _____
You: _____

2. Complete the sentences below. Use the answers you wrote down for 1. above. Use a possessive adjective in the second sentence.

_____ eats lots of _____.	<i>His / her diet is unhealthy / healthy.</i>
_____ eats lots of _____.	_____ diet is <i>unhealthy / healthy</i> .
_____ eats lots of _____.	_____ diet is <i>unhealthy / healthy</i> .
_____ eats lots of _____.	_____ diet is <i>unhealthy / healthy</i> .
My teacher eats lots of _____.	_____ diet is <i>unhealthy / healthy</i> .
I eat lots of _____.	_____ diet is <i>unhealthy / healthy</i> .

B: Extra Reading

Read the last part of today's article. Answer the question.

Do doctors know why the results are better for African-American women? *Yes/ No*

(.../Continued) Doctors don't know why the results were better for African American women than white women. African American women and white women may eat different kinds of fruit and vegetables or dairy foods.	Results: American Journal of Clinical Nutrition February 2005 ARTICLE © 2004 REUTERS LIMITED. LESSON © 2005 WWW.ENGLISH-TO-GO.COM
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TEACHERS' NOTES AND ANSWER KEY

Pre-Reading Activities

A: Vocabulary - Answers

1. apple, cabbage, yogurt, cheese
2. Dairy - cheese, yogurt; Fruit - apple; Vegetable - cabbage

B: Discussion - Answers

Most people would agree that old people find it more difficult to do 1,2, and 3. However, most would say that old people rest a lot and do not find this difficult! (Some, however, would say that sleeping is more difficult when you are old.)

Reading Activities

A: Reading The Headline - Answer

old

B: Understanding The Main Idea - Answers

1. fruit, vegetables and dairy foods, 2. 45-65, 3. the results of African American women.

C: True or False - Answers

1. F (They had more problems.)
2. T
3. F (Americans)
4. F (They had fewer problems.)
5. T.

D: Check Your Understanding - Answers

1. difficult, 2. fewer, 3. fewer, 4. fewer, 5. fewer.

Post-Reading Activities

A: Language - Notes

You could turn this into a proper survey if you wish. Then at the end you can make some conclusions about students as a whole. This could lead to sentences like:

We eat... Our...

Other students eat... Their...

A: Language - Answers

1. and 2. Answers will vary.

B: Extra Reading

No

