

WARM UPS

- 1. FASTING:** Students walk around the class and talk to other students about fasting. 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?

scientists / tests / mice / health benefits / fasting / diabetes / heart disease / calorie / organ / cells / body / insulin / sugar / health / blood / diet / promising / humans

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

- 3. TRAINING:** Students A strongly believe we should all receive regular training on how to eat healthily; Students B strongly believe this isn't necessary. Change partners again and talk about your conversations.

- 4. DIETS:** What do you think of these diets? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
Fasting		
Mediterranean Diet		
Vegetarian diet		
Fruit only diet		
Low-protein diet		
Fast food diet		

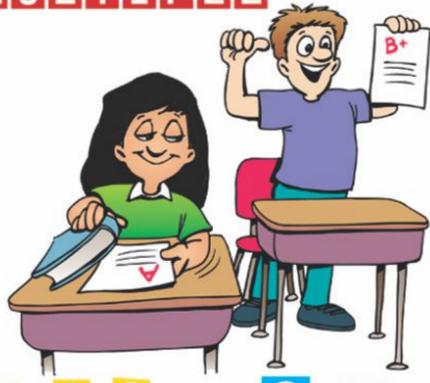
- 5. EATING:** Spend one minute writing down all of the different words you associate with the word "eating". Share your words with your partner(s) and talk about them.

Together, put the words into different categories.

- 6. HEALTH:** Rank these with your partner. Put the healthiest things to do at the top. Change partners often and share your rankings.

- eat vegetables
- sleep
- meditate
- exercise
- laugh with friends
- go hiking
- take a long bath
- avoid fast food

MULTIPLE CHOICE = QUIZ



- On what animals did scientists conduct tests?
a) guinea pigs b) monkeys c) mice d) frogs
- In how many different countries did scientists conduct the tests?
a) 2 b) 3 c) 4 d) 5
- What disease could fasting help besides diabetes and heart disease?
a) polio b) tuberculosis c) cholera d) cancer
- What was the diet the animals had high in?
a) fruit b) fat c) vitamin C d) nuts
- What part of the animal's body worked better because of the fasting?
a) the lungs b) the brain c) the pancreas d) the toes
- What kind of cells help to produce the hormone insulin?
a) alpha cells b) beta cells
c) red cells d) white cells
- What does insulin help to break down in the blood?
a) beta cells b) hormone c) calories d) glucose
- What type of diabetes means no insulin is produced?
a) 0 b) 1 c) 2 d) IV
- What can have no effect with a type of diabetes?
a) insulin b) glucose c) hormones d) blood
- What do scientists now want to do their tests on?
a) potatoes b) robots c) computers d) humans

Fasting may lead to health benefits

Scientists have conducted tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very little or nothing for a short period of time. It is usually around 24 hours but can be for a few days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat diet. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas is an organ in the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or the insulin that is produced has no effect. Scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin. They said their results were very promising and that tests now need to be done on humans.

COMPREHENSION QUESTIONS

- On what animals did scientists conduct tests?
- In how many different countries did scientists conduct the tests?
- What disease could fasting help besides diabetes and heart disease?
- What was the diet the animals had high in?
- What part of the animal's body worked better because of the fasting?
- What kind of cells help to produce the hormone insulin?
- What does insulin help to break down in the blood?
- What type of diabetes means no insulin is produced?
- What can have no effect with a type of diabetes?
- What do scientists now want to do their tests on?



AFTER READING

- 1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'health' and 'benefit'.

health	benefit
_____	_____
_____	_____
_____	_____

- 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:
 - showing
 - short
 - carried
 - risk
 - fat
 - better
 - organ
 - break
 - much
 - 2
 - effect
 - promising



BEFORE READING

- 1 TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).
 - Scientists did tests on monkeys to show the effects of fasting. **T / F**
 - The tests were conducted by universities in two different countries. **T / F**
 - Scientists found that occasional fasting could cut the risk of cancer. **T / F**
 - Scientists found that fasting made the pancreas in the body work better. **T / F**
 - The pancreas is an organ that produces alpha cells to make insulin. **T / F**
 - Insulin helps to break down glucose in the blood. **T / F**
 - In type 2 diabetes, too much insulin is produced. **T / F**
 - Scientists made promises to each other because of their test results. **T / F**

- 2 SYNONYM MATCH :** Match the following synonyms. The words in bold are from the news article.

1. conducted	a. quantities
2. short	b. usual
3. occasional	c. discovered
4. normal	d. brief
5. found	e. problems
6. produce	f. done
7. trouble	g. good
8. cause	h. periodic
9. amounts	i. lead to
10. promising	j. make

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

1. Scientists have conducted	a. normal calorie intake
2. Fasting is eating or drinking very	b. promising
3. reduce the risk	c. work better
4. gave the mice just 10% of their	d. in the body
5. this diet made the pancreas in the mice	e. little or nothing
6. The pancreas is an organ	f. in their blood
7. The body uses insulin to break	g. tests on mice
8. there is too much sugar	h. no effect
9. the insulin that is produced has	i. of diabetes
10. They said their results were very	j. down glucose

GAP FILL

Scientists have (1) _____ tests on mice showing that fasting could have many health (2) _____. Fasting is eating or drinking very little or nothing for a short (3) _____ of time. It is usually around 24 hours but can be for a (4) _____ days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the (5) _____ of diabetes, heart disease, cancer and other (6) _____. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat (7) _____. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice (8) _____ better. The pancreas is an (9) _____ in the body that uses special cells called beta cells to produce the (10) _____ insulin. The body uses insulin to break down glucose (a kind of (11) _____) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too (12) _____ sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not (13) _____ insulin is produced or the insulin that is produced has no (14) _____. Scientists said the mice on the fasting diet produced increased (15) _____ of beta cells and insulin. They said their results were very (16) _____ and that tests now need to be done on humans.

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ROLE PLAY

- Role A – Sleep**
You think the healthiest thing to do is sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, go hiking or eat vegetables.
- Role B – Laugh With Friends**
You think the healthiest thing to do is laugh with friends. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): sleep, go hiking or eat vegetables.
- Role C – Go Hiking**
You think the healthiest thing to do is go hiking. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, sleep or eat vegetables.
- Role D – Eat Vegetables**
You think the healthiest thing to do is eat vegetables. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, go hiking or sleep.

FASTING SURVEY

Write five GOOD questions about fasting 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.

Find the answers in next MONDAY issue

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED JUNE 05, 2017)

ALL OTHER EXERCISES
Please check for yourself by looking at the Article on page 05/06/2017 (It's good for your English :-)