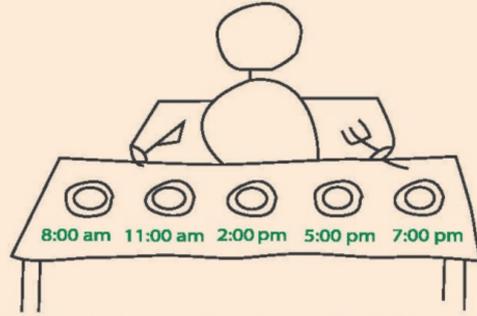


Fasting may lead to health benefits

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.

DISCUSSION (Write your own questions)

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

- _____
- _____
- _____
- _____
- _____
- _____



DISCUSSION (Write your own questions)

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

- _____
- _____
- _____
- _____
- _____
- _____

FASTING DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'health'?
3. Why do scientists always do tests on mice?
4. What do you think of fasting?
5. What's the longest you could go without food?
6. What are you like if you have no food?
7. Why can fasting be good for your health?
8. What do you know about diabetes?
9. Should we all have regular training on healthy eating?
10. How healthy is your diet?

FASTING DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'disease'?
13. What do you think about what you read?
14. What do you know about insulin?
15. What are the dangers of eating too much sugary food?
16. How much do you worry about your health?
17. What food would you eat first after fasting and why?
18. Can you think of any risks of fasting?
19. Do you think scientists will find a cure for all diseases?
20. What questions would you like to ask the scientists?

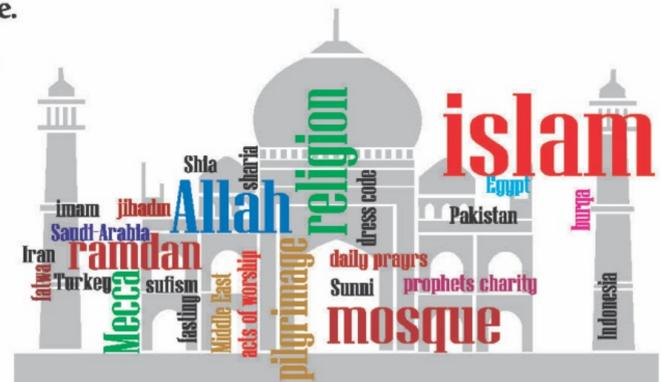
LANGUAGE - CLOZE

Scientists have (1) _____ tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very (2) _____ or nothing for a short period of time. It is usually around 24 hours but can be for a (3) _____ 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 (4) _____ diabetes, heart disease, cancer and other diseases. The scientists (5) _____ 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 (6) _____ calorie intake for three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas is an (7) _____ 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) (8) _____ 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 (9) _____ death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, (10) _____ not enough insulin is produced or the insulin that is produced has (11) _____ 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 (12) _____ on humans.

Put the correct words from the table below in the above article.

- | | | | |
|-------------------|-----------------|---------------|---------------|
| 1. (a) contracted | (b) constricted | (c) conducted | (d) combatted |
| 2. (a) little | (b) few | (c) small | (d) less |
| 3. (a) few | (b) various | (c) numerous | (d) four |
| 4. (a) of | (b) off | (c) by | (d) at |
| 5. (a) feeds | (b) feeding | (c) feed | (d) fed |
| 6. (a) normally | (b) normalize | (c) normality | (d) normal |
| 7. (a) organ | (b) origin | (c) original | (d) organic |
| 8. (a) by | (b) at | (c) on | (d) in |
| 9. (a) cause | (b) effect | (c) do | (d) have |
| 10. (a) or | (b) either | (c) nor | (d) both |
| 11. (a) not | (b) no | (c) non | (d) now |
| 12. (a) done | (b) been | (c) had | (d) gone |



PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

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

CIRCLE THE CORRECT WORD (20 PAIRS)

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

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

Talk about the connection between each pair of words in italics, and why the correct word is correct.

PUT THE WORDS IN THE RIGHT ORDER

1. is little eating or or nothing drinking Fasting very .
2. by tests scientists were at carried universities out The .
3. could diabetes reduce Fasting the in risk mice of .
4. four The fed for days scientists mice .
5. 10% intake of for their three normal days calorie Just .
6. an is pancreas The cells special uses that body the in organ .
7. glucose The body uses insulin to break down .
8. produced is that insulin The effect no has .
9. amounts increased produced diet fasting the on Mice .
10. their were promising said results very They .

Find the answers in next MONDAY issue

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED JUNE 12, 2017)

TRUE / FALSE (p.4)
a F b T c T d T e F f T g F h F

SYNONYM MATCH (p.4)

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

COMPREHENSION QUESTIONS (p.8)

1. Mice 2. Two 3. Cancer 4. Fat 5. The pancreas 6. Beta cells 7. Glucose (sugar) 8. Type 1 9. Insulin 10. Humans

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2. (It's good for your English :-)

