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## **Level 4**

### **Housework not good exercise, says study**

**21st October, 2013**

<http://www.breakingnewsenglish.com/1310/131021-housework-4.html>

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**Please try the harder Level 5 and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1310/131021-housework-4.html>

A study says people should not think housework is quality exercise. It said that people who did the most housework were usually the most overweight. The study questioned whether housework keeps us healthy. It tried to find out if activities like do-it-yourself, gardening and housework met recommendations for health. It said any activity is better than none, but that there is a danger that people might incorrectly think housework is proper exercise.

A total of 4,563 adults took a survey about their weekly activities. The research showed that people who included housework as exercise were heavier. Professor Marie Murphy said any physical activity will burn calories. However, her study found that fatter people did the most housework. She said people overestimate housework as exercise, or they eat too much because they think they have lost lots of calories doing the washing and cleaning.

Sources: <http://www.sciencedaily.com/releases/2013/10/131017214855.htm>  
<http://www.medicaldaily.com/household-chores-may-not-help-you-stay-thin-people-who-consider-housework-exercise-are-most-260345>  
<http://www.bbc.co.uk/news/health-24570276>

# MATCHING

From <http://www.breakingnewsenglish.com/1310/131021-housework-4.html>

## PARAGRAPH ONE:

- |   |                            |
|---|----------------------------|
| 1. people should not think housework      | a. for health              |
| 2. The study questioned whether housework | b. is quality exercise     |
| 3. activities like do-it-yourself,        | c. exercise                |
| 4. recommendations                        | d. keeps us healthy        |
| 5. any activity is better                 | e. gardening and housework |
| 6. housework is proper                    | f. than none               |

## PARAGRAPH TWO:

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1. A total of 4,563 adults          | a. exercise were heavier |
| 2. people who included housework as | b. housework as exercise |
| 3. any physical activity            | c. the most housework    |
| 4. fatter people did                | d. doing the washing     |
| 5. She said people overestimate     | e. took a survey         |
| 6. lost lots of calories            | f. will burn calories    |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1310/131021-housework-4.html>

A study says people should not think (1) \_\_\_\_\_ exercise. It said that people who did the most housework were usually the most overweight. The (2) \_\_\_\_\_ housework keeps us healthy. It tried to find out if activities (3) \_\_\_\_\_, gardening and housework (4) \_\_\_\_\_ health. It said any activity is better than none, (5) \_\_\_\_\_ a danger that people might incorrectly think housework (6) \_\_\_\_\_.

A total of 4,563 adults (7) \_\_\_\_\_ about their weekly activities. The research (8) \_\_\_\_\_ who included housework as exercise were heavier. Professor Marie Murphy said any physical activity will burn calories. However, her study (9) \_\_\_\_\_ people did the most housework. She said people (10) \_\_\_\_\_ as exercise, or (11) \_\_\_\_\_ because they think they have lost lots of calories (12) \_\_\_\_\_ and cleaning.

# HOUSEWORK SURVEY

From <http://www.breakingnewsenglish.com/1310/131021-housework-4.html>

Write five GOOD questions about housework 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

