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## **Level 5**

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

**21st October, 2013**

<http://www.breakingnewsenglish.com/1310/131021-housework-5.html>

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**Please try Level 4 (easier) and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1310/131021-housework-5.html>

A new study says housework is not the quality exercise many people think it is. It even said that people who did the most housework were usually the most overweight. The study is called, "Does doing housework keep you healthy? The contribution of domestic physical activity to meeting current recommendations for health". It questions whether activities like do-it-yourself, gardening and housework are good exercise. It says any activity is better than none, but there is a danger that people incorrectly think housework is proper exercise.

A total of 4,563 adults took a survey about their weekly physical activity. The research showed that people who included housework as exercise tended to be heavier. Researcher professor Marie Murphy said any physical activity should increase the amount of calories burnt. However, her study found the opposite. She said housework was "inversely related to leanness". She said this suggested that either people overestimate how hard housework was as exercise, or they eat too much because they think they have lost lots of calories doing household chores.

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-5.html>

## PARAGRAPH ONE:

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1. usually the most                   | a. better than none   |
| 2. keep you                           | b. physical activity  |
| 3. domestic                           | c. it-yourself        |
| 4. meeting current                    | d. is proper exercise |
| 5. activities like do-                | e. overweight         |
| 6. gardening and housework            | f. healthy            |
| 7. any activity is                    | g. are good exercise  |
| 8. people incorrectly think housework | h. recommendations    |

## PARAGRAPH TWO:

- |                                    |                              |
|------------------------------------|------------------------------|
| 1. A total of 4,563 adults         | a. of calories burnt         |
| 2. weekly                          | b. housework was as exercise |
| 3. tended to                       | c. physical activity         |
| 4. increase the amount             | d. calories                  |
| 5. housework was inversely related | e. took a survey             |
| 6. people overestimate how hard    | f. chores                    |
| 7. lost lots of                    | g. be heavier                |
| 8. household                       | h. to leanness               |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1310/131021-housework-5.html>

A new study says housework is not (1) \_\_\_\_\_ many people think it is. It even said that people who did the most housework were usually (2) \_\_\_\_\_. The study is called, "Does doing housework keep you healthy? The contribution (3) \_\_\_\_\_ activity to meeting current recommendations for health". It (4) \_\_\_\_\_ like do-it-yourself, gardening and housework are good exercise. It says any activity is (5) \_\_\_\_\_, but there is a danger that people incorrectly think housework (6) \_\_\_\_\_.

A total of 4,563 (7) \_\_\_\_\_ about their weekly physical activity. The research showed that people who included housework as exercise (8) \_\_\_\_\_. Researcher professor Marie Murphy said any physical activity should increase the (9) \_\_\_\_\_ burnt. However, her study (10) \_\_\_\_\_. She said housework was "inversely (11) \_\_\_\_\_". She said this suggested that either people overestimate how hard housework was as exercise, or they eat too much because they think they (12) \_\_\_\_\_ calories doing household chores.

# HOUSEWORK SURVEY

From <http://www.breakingnewsenglish.com/1310/131021-housework-5.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) \_\_\_\_\_

*Housework not good exercise, says study – 21st October, 2013*  
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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) \_\_\_\_\_

