

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freematerials.com/sean\\_banville\\_lessons.html](http://www.freematerials.com/sean_banville_lessons.html)

## **Level 5**

# **Being bilingual may delay dementia**

**12th November, 2013**

<http://www.breakingnewsenglish.com/1311/131112-bilingualism-5.html>

## **Contents**

|                    |   |
|--------------------|---|
| The Reading        | 2 |
| Matching           | 3 |
| Listening Gap Fill | 4 |
| Survey             | 5 |
| Discussion         | 6 |
| Writing            | 7 |

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

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



[plus.google.com/110990608764591804698/posts](https://plus.google.com/110990608764591804698/posts)

# THE READING

From <http://www.breakingnewsenglish.com/1311/131112-bilingualism-5.html>

A study shows that being bilingual may delay dementia by five years. A university in Scotland discovered that bilingual people did not show any signs of three types of dementia for more than four years longer than monolingual people. Report co-author Dr. Thomas Bak said: "Bilingualism can be seen as a successful brain training...which can help delay dementia." This means that speaking two languages keeps the brain in better health. It also helps to keep diseases like Alzheimer's away for longer than if someone spoke just one language.

Dr Bak's research found that the bilingualism-dementia link had little to do with social status, gender, occupation or education. Bak studied the medical records of 648 people from India who had dementia. Of these, 391 were bilingual and many were illiterate. Dr Bak wrote: "The fact that bilingual advantage is not caused by any differences in education is confirmed by the fact that it was also found in illiterates, who have never attended any school." He suggested that learning a language could keep the brain healthier. He said it was enjoyable and it trains your brain.

Sources: <http://www.webmd.com/alzheimers/news/20131106/speaking-two-languages-may-delay-dementia-symptoms>  
<http://www.newscientist.com/article/dn24537-learn-another-language-to-delay-three-dementias.html#.Un8hd40hYZ4>  
<http://www.neurology.org/content/early/2013/11/06/01.wnl.0000436620.33155.a4>

# MATCHING

From <http://www.breakingnewsenglish.com/1311/131112-bilingualism-5.html>

## PARAGRAPH ONE:

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1. delay dementia                   | a. co-author               |
| 2. people did not show any signs of | b. brain in better health  |
| 3. four years longer than           | c. three types of dementia |
| 4. Report                           | d. Alzheimer's away        |
| 5. successful brain                 | e. by five years           |
| 6. speaking two languages keeps the | f. just one language       |
| 7. keep diseases like               | g. monolingual people      |
| 8. if someone spoke                 | h. training                |

## PARAGRAPH TWO:

- |                              |                             |
|------------------------------|-----------------------------|
| 1. the bilingualism-         | a. or education             |
| 2. little to do              | b. many were illiterate     |
| 3. gender, occupation        | c. dementia link            |
| 4. the medical records       | d. any school               |
| 5. 391 were bilingual and    | e. keep the brain healthier |
| 6. differences               | f. of 648 people            |
| 7. never attended            | g. with social status       |
| 8. learning a language could | h. in education             |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1311/131112-bilingualism-5.html>

A study (1) \_\_\_\_\_ bilingual may delay dementia by five years. A university in Scotland discovered that bilingual people did not show (2) \_\_\_\_\_ types of dementia for more than four years longer than (3) \_\_\_\_\_. Report co-author Dr. Thomas Bak said: "Bilingualism (4) \_\_\_\_\_ successful brain training... (5) \_\_\_\_\_ dementia." This means that speaking two languages keeps the brain in better health. It also helps to keep diseases like Alzheimer's (6) \_\_\_\_\_ if someone spoke just one language.

Dr Bak's research found that the bilingualism- (7) \_\_\_\_\_ to do with social status, gender, (8) \_\_\_\_\_. Bak studied the (9) \_\_\_\_\_ people from India who had dementia. Of these, 391 were bilingual and many were illiterate. Dr Bak wrote: "The fact that bilingual advantage (10) \_\_\_\_\_ any differences in education is confirmed by the fact that it was (11) \_\_\_\_\_, who have never attended any school." He suggested that learning a language could keep the brain healthier. He said (12) \_\_\_\_\_ and it trains your brain.

# BILINGUALISM SURVEY

From <http://www.breakingnewsenglish.com/1311/131112-bilingualism-5.html>

Write five GOOD questions about bilingualism 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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)

*Being bilingual may delay dementia – 12th November, 2013*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## 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)

