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Level 1 – 16th May 2024

Internet access good for our health

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<https://breakingnewsenglish.com/2405/240516-internet-access-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2405/240516-internet-access-1.html>

Internet access is good for our health. A report suggests that being connected to the web is positive for us. Researchers looked at two million people's Internet use and health from 168 countries. The data was from the years 2006 to 2021. The researchers looked at eight factors that affect people's well-being. These included life satisfaction and social life. The researchers said people with Internet access were eight per cent happier.

One surprising conclusion was that using the Internet was as good as walking in nature. Researchers said the Internet helps people to learn new things and make friends. However, the research did not look at social media. A researcher said: "The study cannot contribute to the recent debate on whether or not social media use is harmful." He added that: "Different channels and uses of the Internet have [very] different effects on well-being."

Sources: <https://boingboing.net/2024/05/13/internet-access-may-improve-mental-health-as-much-as-a-walk-in-the-woods.html>
<https://www.bbc.com/news/articles/c89z2v0pjl3o>
<https://www.nature.com/articles/d41586-024-01410-z>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240516-internet-access-1.html>

PARAGRAPH ONE:

- | | |
|------------------------------|--------------------------|
| 1. being connected | a. life |
| 2. two million | b. years 2006 to 2021 |
| 3. The data was from the | c. happier |
| 4. eight factors that affect | d. to the web |
| 5. These included life | e. people's well-being |
| 6. social | f. Internet access |
| 7. people with | g. satisfaction |
| 8. eight per cent | h. people's Internet use |

PARAGRAPH TWO:

- | | |
|--------------------------------|--------------------------|
| 1. as good | a. of the Internet |
| 2. learn new | b. at social media |
| 3. make | c. things |
| 4. the research did not look | d. effects on well-being |
| 5. contribute to the recent | e. as walking in nature |
| 6. whether or not social media | f. friends |
| 7. Different channels and uses | g. use is harmful |
| 8. have very different | h. debate |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240516-internet-access-1.html>

Internet access is good for our health. A
(1) _____ being connected to the web is positive
for us. Researchers looked (2) _____ people's
Internet (3) _____ from 168 countries. The data
was (4) _____ 2006 to 2021. The researchers
looked (5) _____ that affect people's well-being.
These included life satisfaction (6) _____. The
researchers said people with Internet access were eight per cent
happier.

One (7) _____ that using the Internet was as
good as (8) _____. Researchers said the Internet
helps people to learn new things (9) _____.
However, the research did not look at social media. A researcher
said: "The study cannot contribute to (10) _____
on whether or not social media (11) _____." He
added that: "Different channels and uses of the Internet have
[very] (12) _____ well-being."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240516-internet-access-1.html>

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INTERNET ACCESS SURVEY

From <https://breakingnewsenglish.com/2405/240516-internet-access-4.html>

Write five GOOD questions about Internet access 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) _____

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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) _____

