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Level 2 – 16th May 2024

Internet access good for our health

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<https://breakingnewsenglish.com/2405/240516-internet-access-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2405/240516-internet-access-2.html>

A study says Internet access is good for our health. The report suggested that being connected to the web is positive for our well-being. Researchers looked at data on people's Internet use and health from 168 countries. The data was from the years 2006 to 2021. It included information on two million people aged 15 to 99. The researchers looked at eight factors that affect people's health. These included life satisfaction, positive experiences, and social life. The team found that people with Internet access were eight per cent happier than those without it.

Some research conclusions were surprising. One was that using the Internet was as good as walking in nature. Researchers said the Internet helps people to learn new things, practice hobbies, and make friends. However, the research did not look at social media. Many studies show that social media negatively affects people's mental health. 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-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------------|
| 1. being connected | a. experiences |
| 2. data on people's | b. affect people's health |
| 3. information | c. Internet access |
| 4. eight factors that | d. life |
| 5. positive | e. on two million people |
| 6. social | f. those without it |
| 7. people with | g. Internet use |
| 8. eight per cent happier than | h. to the web |

PARAGRAPH TWO:

- | | |
|--------------------------------------|---------------------------|
| 1. Some research conclusions were | a. on well-being |
| 2. using the Internet was as good as | b. recent debate |
| 3. the Internet helps people | c. surprising |
| 4. make | d. people's mental health |
| 5. social media negatively affects | e. friends |
| 6. contribute to the | f. of the Internet |
| 7. uses | g. walking in nature |
| 8. have very different effects | h. to learn new things |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240516-internet-access-2.html>

A study says Internet access is good for our health. The report suggested that (1) _____ the web is positive for our well-being. Researchers looked at data on (2) _____ and health from 168 countries. The data was from the years 2006 to 2021. (3) _____ on two million people aged 15 to 99. The researchers looked (4) _____ that affect people's health. These (5) _____, positive experiences, and social life. The team found that people with Internet access were eight per cent happier than (6) _____.

Some research (7) _____. One was that using the Internet was as good as (8) _____. Researchers said the Internet helps people to learn new things, practice hobbies, (9) _____. However, the research did not look at social media. Many studies show (10) _____ negatively affects people's mental health. A researcher said: "The study cannot contribute to the recent debate 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-2.html>

A study says Internet access is good for our health. The reports suggested that being connected to the web is positive for our well-being. Researchers looked at data on people's Internet use and health from 168 countries. The data was from the years 2006 to 2021. It included information on two million people aged 15 to 99. The researchers looked at eight factors that affect people's health. These included life satisfaction, positive experiences, and social life. The team found that people with Internet access were eight percent happier than those without it. Some research conclusions were surprising. One was that using the Internet was as good as walking in nature. Researchers said the Internet helps people to learn new things, practice hobbies, and make friends. However, the research did not look at social media. Many studies show that social media negatively affects people's mental health. 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."

INTERNET ACCESS SURVEY

From <https://breakingnewsenglish.com/2405/240516-internet-access-2.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) _____

