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Level 2 – 13th June 2024

Electric spoon helps people cut down on salt

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<https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-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/2406/240613-electric-salt-spoon-2.html>

A new battery-powered spoon makes food taste saltier. It is called the Electric Salt Spoon. It was created in Japan by researchers and the drinks company Kirin. The spoon will help people cut down on the amount of salt they eat. It sends a weak electric current to the tongue. We cannot feel the current. However, it makes salt taste one and a half times stronger. This means we can have less salt, but still taste it. A researcher said: "Japan has a food culture [with] salty tastes. People need to reduce the amount of salt in their food." However, she said food with no salt is tasteless.

Too much salt can cause heart problems, high blood pressure, and strokes. These are the leading causes of death globally. The WHO says we should have less than 5 grams a day. In Japan, the average person has around 10.1g of salt a day. That's higher than 8.5g for Americans. Around 75 per cent of salt in our diet comes from processed foods, and from things like soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them over the next five years. The spoon's developer has also created electric chopsticks. These will go on sale next year.

Sources: <https://news.sky.com/story/electric-spoon-that-enhances-salty-taste-of-food-and-promotes-healthier-eating-launched-in-japan-13146505>
<https://learningenglish.voanews.com/a/electric-spoons-chopsticks-may-help-cut-salt/7622248.html>
<https://www.who.int/data/gho/indicator-metadata-registry/imr-details/3082>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|--------------------------|
| 1. A new battery- | a. a half times stronger |
| 2. The spoon will help | b. of salt in their food |
| 3. It sends a weak electric current | c. have less salt |
| 4. it makes salt taste one and | d. people cut down |
| 5. This means we can | e. is tasteless |
| 6. Japan has a food culture | f. powered spoon |
| 7. reduce the amount | g. with salty tastes |
| 8. food with no salt | h. to the tongue |

PARAGRAPH TWO:

- | | |
|---------------------------------|-------------------------|
| 1. Too much salt can | a. of death globally |
| 2. high | b. the next five years |
| 3. These are the leading causes | c. 5 grams a day |
| 4. we should have less than | d. has around 10.1g |
| 5. the average person | e. cause heart problems |
| 6. processed | f. on sale next year |
| 7. sell a million of them over | g. blood pressure |
| 8. These will go | h. foods |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-2.html>

A new battery-powered spoon makes (1) _____. It is called the Electric Salt Spoon. It was created in Japan by researchers and the drinks company Kirin. The spoon will help people (2) _____ the amount of salt they eat. It sends a weak electric current (3) _____. We cannot feel the current. However, it makes salt taste one and a (4) _____. This means we can have less salt, but still taste it. A researcher said: "Japan has a food culture [with] salty tastes. People need to (5) _____ of salt in their food." However, she said food with no (6) _____.

Too much salt can cause heart problems, (7) _____, and strokes. These are the leading causes (8) _____. The WHO says we should have less than 5 grams a day. In Japan, (9) _____ has around 10.1g of salt a day. That's higher than 8.5g for Americans. Around 75 per cent of salt in (10) _____ from processed foods, and from things like soy sauce. The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to (11) _____ of them over the next five years. The spoon's developer has also created electric chopsticks. These will (12) _____ next year.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-2.html>

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SALT SURVEY

From <https://breakingnewsenglish.com/2406/240613-electric-salt-spoon-2.html>

Write five GOOD questions about salt 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) _____

