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Level 0 – 3rd October 2024

Travelling could slow down the ageing process

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<https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

Travelling is good for us. It broadens the mind. It could slow down ageing. Researchers said travelling could make us look and feel younger. Researcher Fangli Hu said going on trips could make us healthier. She added: "Ageing is irreversible. It can't be stopped, but it can be slowed down."

Going on vacation can lower stress. It can make our immune system stronger. Ms Hu said hiking, climbing, and cycling can lower stress. They can help our muscles. She added these activities could help the body's self-defence. The researchers said travelling might be better than anti-ageing creams.

Sources: <https://www.cnn.com/travel/travel-news-health-impacts-tourism/index.html>
<https://www.aol.com/could-traveling-keep-young-scientists-142500847.html>
<https://www.ecu.edu.au/newsroom/articles/research/travel-could-be-the-best-defence-against-ageing>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------|-----------------|
| 1. Travelling is good | a. slowed down |
| 2. It broadens the | b. trips |
| 3. It could slow down | c. irreversible |
| 4. make us look and | d. mind |
| 5. going on | e. feel younger |
| 6. make us | f. for us |
| 7. Ageing is | g. healthier |
| 8. it can be | h. ageing |

PARAGRAPH TWO:

- | | |
|---------------------------|--------------------|
| 1. Going on | a. stress |
| 2. lower | b. ageing creams |
| 3. make our immune | c. and cycling |
| 4. hiking, climbing, | d. help |
| 5. They can help our | e. vacation |
| 6. these activities could | f. defence |
| 7. the body's self- | g. system stronger |
| 8. better than anti- | h. muscles |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

Travelling (1) _____ us. It broadens the mind. It

(2) _____ ageing. Researchers said travelling

could make us look (3) _____. Researcher Fangli

Hu said going on trips could (4) _____. She

added: "(5) _____. It can't be stopped, but it can

(6) _____."

Going (7) _____ lower stress. It can make our

(8) _____. Ms Hu said hiking,

(9) _____ can lower stress. They can

(10) _____. She added these activities could help

the (11) _____. The researchers said travelling

might be better than (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

Travelling is good for us. It broadens the mind. It could slow down ageing.

Researchers said travelling could make us look and feel younger. Researcher Fangli Hu said going on trips could make us healthier. She added: "Ageing is irreversible. It can't be stopped, but it can be slowed down." Going on vacation can lower stress. It can make our immune system stronger. Ms Hu said hiking, climbing, and cycling can lower stress. They can help our muscles. She added these activities could help the body's self-defence. Therefore, researchers said travelling might be better than anti-ageing creams.

TRAVELLING SURVEY

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-0.html>

Write five GOOD questions about travelling 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) _____

