

Frs.-11

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이혜민

진영주

황세권

주언지

홍민표

Frs.-12

유재민

임태양

장현주

조성빈

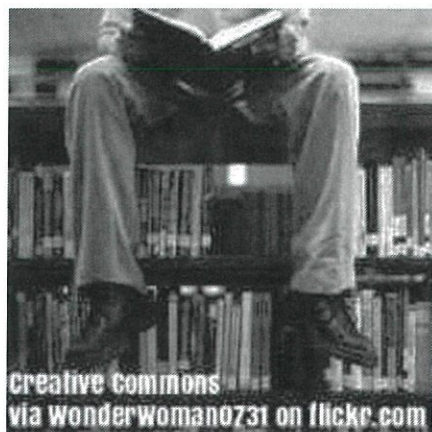
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BreakingNewsEnglish - The Mini Lesson

People who read live longer

10th August, 2016



New research shows that people who read a lot live longer. The study was carried out by researchers from Yale University in the USA. The researchers said reading keeps the mind active, helps reduce stress and makes us take better care of our

health. The researchers said that books help the brain more than newspapers and magazines, but any kind of reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year period. They looked at their reading habits, health, lifestyle and their education. All of the people were at least 50 years old at the start of the research.

The study is in the journal 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 per cent less likely to die during the study's 12-year research period than those who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, regardless of gender, health, wealth or education, showed the survival advantage of reading books." She suggested people swap watching TV for reading to live longer. She said: "Individuals over the age of 65 spend an average of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books could prove to be beneficial."

Sources: DailyMail.co.uk / [HuffingtonPost](http://HuffingtonPost.com) / RawStory.com

Writing

Reading is the most important skill in English. Discuss.

Chat

Talk about these words from the article.

research / university / active / stress / health / magazines / reading / education / journal / likely / period / gender / wealth / survival / watching TV / leisure time

True / False

- The research was carried out by Oxford University in the UK. T / F
- Researchers say reading makes us take better care of our health. T / F
- The researchers say reading magazines is better than reading books. T / F
- The researchers looked at 3,500 people aged between 12 and 50. T / F
- People who read have a better chance of living longer. T / F
- A researcher said reading was greatly affected by gender and health. T / F
- The researcher said people should swap watching TV for reading. T / F
- People aged over 65 spend an average of 4.4 hours a day watching TV. T / F

Synonym Match

- | | |
|----------------|----------------|
| 1. carried out | a. lower |
| 2. mind | b. probable |
| 3. reduce | c. time |
| 4. period | d. discovered |
| 5. start | e. recommended |
| 6. found | f. done |
| 7. likely | g. exchange |
| 8. suggested | h. useful |
| 9. swap | i. brain |
| 10. beneficial | j. beginning |

Discussion – Student A

- How much do you like reading?
- What is so good about reading?
- How would you get someone who hates reading to read books?
- What do you think about what you read?
- Where is your favourite place to read?
- How difficult is it to read English books?
- What's the best way to improve your English reading?
- What was the last good thing you read?

People who read live longer(August 10, 2016)

- 1.Who carried out this study?
- 2.What do the researchers say about reading?
- 3.What's better, reading books or reading newspapers and magazines?
- 4.How many people did the researchers study?
How old were they?
- 5.What did the study conclude?
- 6.What did Becca Levy suggest?
- 7.Do you enjoy reading?
If yes, why?
If no, why not?
- 8.What's the last book you read?
- 9.About how many books do you read a year?