

Conv. 6

Complete these sentences with the correct idiom(s)

1. I'm a _____, so I love to read as much as I can.
2. These days a lot of people use _____ to pay for something.
3. He was a _____, so he still had a lot to learn.
4. My friend's a real _____. She always buys the latest brands of clothing.
5. "Self-isolation" is an example of a new _____.
6. President Trump used to _____ messages all the time.
7. A _____ started up and sang a song at the train station.
8. People should avoid _____ when they're on the subway. It's very rude.
9. My friends and I went _____ in the countryside. We took a microwave oven, small TV, and a portable generator.
10. _____ need to be very careful when they're posting comments on the internet. It's really bad _____ to _____ other people. (3 idioms)
11. _____ was the agreement where Great Britain left the European Union(EU).
12. Sometimes I need some _____, because I'm so stressed out.
13. Don't be a _____ and always criticize other people.
14. I listened to an English _____ the other day.
15. I thought he was a real person, but he was only _____ me.
16. A lot of young people suffer from _____. They can't stop buying luxury goods.

- a. buzzword
- b. catfishing
- c. cyberbully
- d. fashionista
- e. glamping
- f. netiquette
- g. newbie
- h. affluenza
- i. flash mob
- j. me time
- k. hater
- l. manspreading
- m. bitcoin
- n. brexit
- o. netizens

p.podcast

q.bookaholic

r.tweet

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Write the meanings for these idioms

(businessexpressions.blogspot.com....check older posts too/bottom right)

- 1.to surge
- 2.missing the point
- 3.battered by
- 4.catchy
- 5.ground rules
- 6.skimpy
- 7.make strides
- 8.to draw the line
- 9.dicey
- 10.to gripe
- 11.to stay upbeat
- 12.perks
- 13.type A personalities
- 14.to tune out
- 15.pricey

*My voice very (The Sweet Wife)
What's the man's name?
Where's he from?
What did he do when he was 81?*

MB

A PERSONAL STORY

In 1993, two sisters named Bessie and Sadie Delany, ages 101 and 103, published their memoir—a collection of their memories. Their book *Having Our Say* became a best-seller in the United States, and the Delany sisters were instantly famous. In the chapter below, Sadie tells what it's like to be more than 100 years old. She died six years after she wrote these words, at age 109.

Before you read, think about this: What do you think Sadie's life is like? Do you think, for example, that she uses a wheelchair or that she sleeps most of the time? Imagine what life could be like for someone who is 103. Then read Sadie's description of her everyday life.

From Having Our Say by Sadie and Bessie Delany

We both forget we're old. This happens all the time. I'll reach for something real quick, just like a young person. And I realize my reflexes are not what they once were. It surprises me, but I can't complain. I still do what I want, pretty much.

These days, I am usually the first one awake in the morning. I wake up at six-thirty. And the first thing I do when I open my eyes is smile, and then I say, "Thank you, Lord, for another day!"

If I don't hear Bessie get up, I'll go into her room and wake her. Sometimes I have to knock on the headboard of her bed. And she opens her eyes and says, "Oh, Lord, another day?!" I don't think Bessie would get up at all sometimes, if it weren't for me. She stays up late in her room and listens to these talk-radio shows, and she doesn't get enough sleep.

In the mornings, Monday through Friday, we do our yoga exercises. I started doing yoga exercises about forty years ago. Well, when Bessie turned eighty she decided that I looked better than her. So she decided she would start doing yoga, too. So we've been doing our exercises together ever since. We follow a yoga exercise program on the TV. Sometimes, Bessie cheats. I'll be

doing an exercise and look over at her, and she's just lying there! She's a naughty old gal.

Exercise is very important. A lot of older people don't exercise at all. Another thing that is terribly important is diet. I keep up with the latest news about nutrition. About thirty years ago, Bessie and I started eating much more healthy foods. We don't eat fatty food very often. When we do, we feel like we can't move!

We eat as many as seven different vegetables a day. Plus lots of fresh fruits. And we take vitamin supplements: Vitamin A, B complex, C, D, E, and minerals, too, like zinc.

Every morning, after we do our yoga, we each take a clove of garlic, chop it up, and swallow it. If you swallow it all at once, there is no odor. We also take a teaspoon of cod liver oil. Bessie thinks it's disgusting. But one day I said, "Now, dear little sister, if you want to keep up with me, you're going to have to start taking it, every day, and stop complaining." And she's been good ever since.

These days, I do most of the cooking, and Bessie does the serving. We eat our big meal of the day at noon. In the

(continued)

evening, we usually have a milk shake for dinner, and then we go upstairs and watch the news on the TV.

After that, we say our prayers. We say prayers in the morning and before we go to bed. It takes a long time to pray for everyone, because it's a very big family—we have fifteen nieces and nephews still living, plus all their children and grandchildren. We pray for each one. The ones that Bessie doesn't approve of get extra prayers. Bessie can

be very critical and she holds things against people forever. I always have to say to her, "Everybody has to be themselves, Bessie. Live and let live."

You know, when you are this old, you don't know if you're going to wake up in the morning. But I don't worry about dying, and neither does Bessie. We are at peace. You do kind of wonder, when's it going to happen? That's why you learn to love each and every day, child. ♦

◆ SHARING YOUR TRUE STORIES

Discuss the answers to these questions with your classmates.

1. What did Sadie and Bessie do to stay healthy? Make a list.

For example: *They did yoga.*

They kept up with the latest news on nutrition.

Is there anything on the list that you do—or would like to do—so that you can have a long, healthy life?

2. Are there any things Sadie and Bessie did that people in your country usually don't do? Are there any things Sadie and Bessie did that people in your country often do, too?
3. Of all the things Sadie and Bessie did to stay healthy, which do you think are the most important? Why?
4. Does Sadie remind you of someone you know or have known? Tell the class who the person is and why he or she is like Sadie in some way.

NEWS AND VIEWS

How can we have long and healthy lives, like Sadie and Bessie Delany and the people of Campodimele, Italy? Dr. Zorba Paster has some suggestions.

Dr. Paster is a medical doctor and a professor at the University of Wisconsin Medical School. He gives medical advice on a weekly radio show and has written a book called *The Longevity Code*. In his book, Dr. Paster tells us how to have long, healthy lives. His advice is based on scientific research, his own experience as a doctor, and common sense. Here is his "prescription" for a long, sweet life.

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Answer these questions

A. From Having Our Say

1. What is the name of the 2 sisters?

How old were they in 1993?

What's a memoir?

2. Who is usually the first sister to wake up? What time?

What is the first thing she does?

What does Bessie say when she wakes up?

What does Bessie do at night?

3. What do the sisters do in the mornings?

When did Sadie start? Bessie?

4. What's important to the sisters?

What kind of food don't they eat?

How many different vegetables do they eat a day?

What else do they eat?

What vitamins do they take?

5. What do they take after their exercises every morning?

6. Who does most of the cooking? The serving?

What time do they eat their big meal of the day?

What do they do in the evening?

7. What's the last thing they do?

How many nieces and nephews do they have?

Do Sadie and Bessie worry about dying?

~~17~~ ~~18~~ ~~19~~

COLLECT INFORMATION

Who is the oldest person you know well? Think about this person and take notes in the chart below.



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Example:

The Oldest Person I Know

Relationship _____
 Age _____ Gender _____
 Lifestyle _____

 Personality _____

 Success _____

 Health _____

The Oldest Person I Know

Relationship My great-grandmother
 Age 94 Gender female
 Lifestyle She lives in a small town. She worked for many years as a nursery school teacher. She never worked behind a desk. She didn't play any sports regularly, but she always liked to walk a lot.
 Personality She's not aggressive or easily angered. She's easygoing and happy.
 Success She wasn't rich. She has a graduate degree.
 Health She smoked a little when she was young, but she quit smoking when she was in her 30s.

2. Groups. Take turns telling about the person in your chart.
3. Groups. Look for similarities among the oldest people you know. Based on this information, what might help you to live a long life? List five ideas.

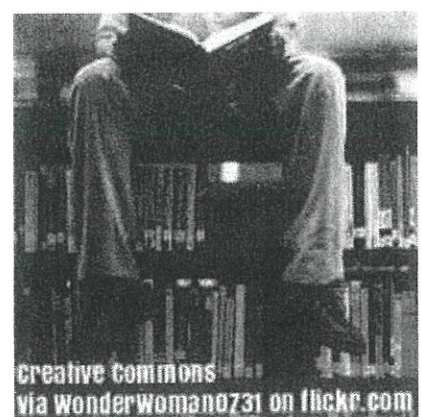
Example:
 You might live longer if you live in a small town.
 All of the oldest people we know are female, so if you're female you might live longer.

Call Me

Breaking News English - The Mini Lesson

People who read live longer **True / False**

10th August, 2016



Creative Commons via Wonderwoman0731 on flickr.com

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 / 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

- a) The research was carried out by Oxford University in the UK. T / F
- b) Researchers say reading makes us take better care of our health. T / F
- c) The researchers say reading magazines is better than reading books. T / F
- d) The researchers looked at 3,500 people aged between 12 and 50. T / F
- e) People who read have a better chance of living longer. T / F
- f) A researcher said reading was greatly affected by gender and health. T / F
- g) The researcher said people should swap watching TV for reading. T / F
- h) 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

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

Reading

1. Who carried out this research?
2. What do the researchers say?
3. What's better for the brain? Books? Or newspapers and magazines?
4. What did researchers find out about people who read 3.5 hours a week?
5. How many books do you read a year? (about)
What's the last book you read?
6. What did researcher Becca Levy suggest?