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Level 3 – 23rd May 2024

Cycling is good for your knees, says study

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<https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way to keep fit and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known and (perhaps) surprising benefit of getting on a bike is that it is good for our knees. A new study says cyclists are less likely to experience knee pain later in life than people who do not ride bicycles. The study was conducted by a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average age of 64. The survey participants were asked about their levels of physical activity. They also had X-rays of their knees taken. This was to look for signs and levels of arthritis in their knee joints.

The lead researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists were 21 per cent less likely to have signs of osteoarthritis compared to those who did not have a history of cycling. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research shows that cyclists are around 20 per cent less likely to die prematurely. Dr Lo said cycling, "is a great preventative strategy for many things, including arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's what happens when we use the cartilage in our joints a lot. The cartilage wears down and becomes painful. Arthritis most commonly affects the over-50s.

Sources: <https://nypost.com/2024/05/20/lifestyle/cycling-could-help-you-live-longer-and-reduce-knee-pain/>
<https://www.nprillinois.org/2024-05-20/like-to-bike-your-knees-will-thank-you-and-you-may-live-longer-too>
<https://medicalxpress.com/news/2024-05-biking-revealed-knee-pain-life.html>

WARM-UPS

1. CYCLING: Students walk around the class and talk to other students about cycling. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

cycling / keeping fit / our heart / mental health / knee pain / knees / X-rays / arthritis
cyclists / history / benefit / strategy / wear and tear / cartilage / joints / the over-50s

Have a chat about the topics you liked. Change topics and partners frequently.

3. NO CARS: Students A **strongly** believe bicycles should replace cars; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. HEALTH: How important are these things to our health? What do you do? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	What You Do
Exercise		
Sleep		
Work		
Food		
Stress		
Hobbies		

5. BIKE: Spend one minute writing down all of the different words you associate with the word "bike". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISE: Rank these with your partner. Put the best forms of exercise at the top. Change partners often and share your rankings.

- Cycling
- Jogging
- Swimming
- Dancing
- Aerobics
- Walking
- Hiking
- Weight training

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. fit | a. Make stronger. |
| 2. strengthen | b. Did; carried out. |
| 3. benefit | c. The parts of the body where bones join together. |
| 4. conducted | d. A good thing we get from something or by doing something. |
| 5. average | e. The photograph that lets doctors see inside your body. |
| 6. X-ray | f. In good health, especially because of regular exercise. |
| 7. joints | g. A number you get by dividing the total of some numbers by how many numbers there are. |

Paragraph 2

- | | |
|-----------------|--|
| 8. lead | h. Someone who rides a bicycle. |
| 9. cyclist | i. Probable to happen. |
| 10. likely | j. Damage something slowly. |
| 11. compared | k. Happening too soon or too early. |
| 12. prematurely | l. Look at how two or more things are the same or different. |
| 13. strategy | m. The top or head person. |
| 14. wear down | n. A plan of action to reach a goal or aim. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says cycling helps to keep out weight up. **T / F**
2. The article suggested it is surprising that cycling is good for the knees. **T / F**
3. Over 2,600 men were questioned as part of the research. **T / F**
4. Researchers took X-rays of people's hips and ankles. **T / F**
5. Cyclists are 21% less likely to have signs of osteoarthritis. **T / F**
6. Cyclists are 20% less likely to die too early. **T / F**
7. Another name for osteoarthritis "wear-and-tear" arthritis. **T / F**
8. Arthritis usually starts to affect people in their fifties. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|------------------|
| 1. fit | a. damage |
| 2. benefit | b. too soon |
| 3. conducted | c. indications |
| 4. survey | d. impacts |
| 5. signs | e. advantage |
| 6. lead | f. in good shape |
| 7. prematurely | g. head |
| 8. strategy | h. study |
| 9. wear and tear | i. plan |
| 10. affects | j. carried out |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------------|
| 1. Cycling is a great way to keep | a. age of 64 |
| 2. keeps our weight | b. taken |
| 3. cyclists are less likely to | c. and becomes painful |
| 4. an average | d. prematurely |
| 5. They also had X-rays of their knees | e. down |
| 6. have signs of | f. affects the over-50s |
| 7. around 20 per cent less likely to die | g. experience knee pain |
| 8. Osteoarthritis is often called | h. osteoarthritis |
| 9. The cartilage wears down | i. fit and healthy |
| 10. Arthritis most commonly | j. "wear-and-tear" arthritis |

GAP FILL

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way to keep (1) _____ and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known and (perhaps) surprising (2) _____ of getting on a bike is that it is good for our knees. A new study says (3) _____ are less likely to experience knee pain (4) _____ in life than people who do not ride bicycles. The study was (5) _____ by a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an (6) _____ age of 64. The survey participants were asked about their levels of physical activity. They also had (7) _____ of their knees taken. This was to look for signs and levels of arthritis in their knee (8) _____.

The (9) _____ researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists were 21 per cent less (10) _____ to have signs of osteoarthritis compared to those who did not have a history of cycling. She added: "I was (11) _____ to see how very strong the (12) _____ [of cycling] was." A lot of research shows that cyclists are around 20 per cent less likely to die (13) _____. Dr Lo said cycling, "is a great preventative (14) _____ for many things, including arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's what happens when we use the (15) _____ in our joints a lot. The cartilage wears down and becomes painful. Arthritis most commonly (16) _____ the over-50s.

later

conducted

benefit

joints

cyclists

X-rays

fit

average

surprised

cartilage

affects

benefit

lead

strategy

likely

prematurely

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

- 1) Cycling is a great way to keep _____
 - a. fits and healthy
 - b. fitting and healthy
 - c. fitness and healthy
 - d. fit and healthy
- 2) cyclists are less likely to experience knee pain _____
 - a. lately in life
 - b. later in life
 - c. lates in life
 - d. latter in life
- 3) Researchers surveyed 2,600 men and women, with an average _____
 - a. age off 64
 - b. age of 64
 - c. age oft 64
 - d. age if 64
- 4) The survey participants were asked about their levels _____
 - a. oft physical activity
 - b. of physically activity
 - c. of physical activity
 - d. of physical actively
- 5) This was to look for signs and levels of arthritis in _____
 - a. them knee joints
 - b. their knee joints
 - c. there knee joints
 - d. they're knee joints
- 6) The lead researcher, Dr Grace Lo, said the results of the _____
 - a. research was surprising
 - b. research were surprised
 - c. research was surprised
 - d. research were surprising
- 7) have signs of osteoarthritis compared to those who did not have a _____
 - a. history of cycling
 - b. historian of cycling
 - c. historical of cycling
 - d. histories of cycling
- 8) She added: "I was surprised to see how very strong the _____
 - a. benefitting of cycling
 - b. benefit of cycling
 - c. beneficial of cycling
 - d. benefits of cycling
- 9) A lot of research shows that cyclists are around 20 per cent less likely _____
 - a. to die premature
 - b. to die primitively
 - c. to die pre-naturally
 - d. to die prematurely
- 10) The cartilage wears down _____
 - a. and become painful
 - b. and becomes painful
 - c. and became painful
 - d. and bee comes painful

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way (1) _____ and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known and (perhaps) surprising (2) _____ on a bike is that it is good for our knees. A new study says cyclists are less likely to experience knee pain (3) _____ than people who do not ride bicycles. The study was (4) _____ research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average age of 64. The survey participants were asked (5) _____ of physical activity. They also had X-rays of their knees taken. This was to look for signs and levels of arthritis in (6) _____.

The lead researcher, Dr Grace Lo, said (7) _____ the research were surprising. She said cyclists were 21 per cent less likely to have signs of osteoarthritis (8) _____ who did not have a history of cycling. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research (9) _____ are around 20 per cent less likely to die prematurely. Dr Lo said cycling, "is a great preventative strategy (10) _____, including arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's (11) _____ we use the cartilage in our joints a lot. The cartilage wears down and becomes painful. Arthritis (12) _____ the over-50s.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

1. What does the article say is a great way of keeping fit?
2. What are cyclists less likely to experience later in life?
3. How many men and women did the researchers look at?
4. What was the average age of the participants in the research?
5. What did participants in a survey have X-rays taken of?
6. What was Dr Lo's feeling when she saw the research results?
7. Who is 20 per cent less likely to die too early?
8. What kind of strategy did Dr Lo say cycling was?
9. What wears down and becomes painful?
10. Who does arthritis affect most?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

- 1) What does the article say is a great way of keeping fit?
 - a) aerobics
 - b) swimming
 - c) cycling
 - d) shopping
- 2) What are cyclists less likely to experience later in life?
 - a) knee pain
 - b) replacement knees
 - c) wheelchairs
 - d) accidents
- 3) How many men and women did the researchers look at?
 - a) 2,200
 - b) 2,600
 - c) 2,400
 - d) 2,800
- 4) What was the average age of the participants in the research?
 - a) 67
 - b) 66
 - c) 65
 - d) 64
- 5) What did participants in a survey have X-rays taken of?
 - a) their ankles
 - b) their hips
 - c) their knees
 - d) their shoulders
- 6) What was Dr Lo's feeling when she saw the research results?
 - a) shock
 - b) surprise
 - c) amusement
 - d) horror
- 7) Who is 20 per cent less likely to die too early?
 - a) the over-50s
 - b) pedestrians
 - c) joggers
 - d) cyclists
- 8) What kind of strategy did Dr Lo say cycling was?
 - a) a clever strategy
 - b) a preventative strategy
 - c) a long-term strategy
 - d) an in-progress strategy
- 9) What wears down and becomes painful?
 - a) the skin
 - b) the cartilage
 - c) the muscle
 - d) the kneecap
- 10) Who does arthritis affect most?
 - a) the over-50s
 - b) the mid-50s
 - c) the early-50s
 - d) the late-50s

ROLE PLAY

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Role A – Cycling

You think cycling is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, hiking or weight training.

Role B – Dancing

You think dancing is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): cycling, hiking or weight training.

Role C – Hiking

You think hiking is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, cycling or weight training.

Role D – Weight Training

You think weight training is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, hiking or cycling.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'cycling' and 'knees'.

cycling	knees

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• weight• little• less• 2,600• levels• X-ray	<ul style="list-style-type: none">• results• history• 20• strategy• often• down
---	--

CYCLING SURVEY

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Write five GOOD questions about cycling 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.

CYCLING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'cycling'?
3. What do you think of cycling?
4. Are there any bad things about cycling?
5. What do you do to keep fit?
6. How important are our knees?
7. What should older people do to stay fit and healthy?
8. Is cycling or running better?
9. When was the last time you got on a bike?
10. Has reading this article made you want to cycle?

Cycling is good for your knees, says study – 23rd May 2024
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CYCLING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'knees'?
13. What do you think about what you read?
14. Why is cycling such good exercise?
15. What do you know about arthritis?
16. What do you think of cyclists?
17. What else can we do to look after our knees?
18. How can we reduce the wear and tear on our body?
19. Should we all cycle every day?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way to (1) _____ fit and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little (2) _____ and (perhaps) surprising benefit of getting on a bike is that it is good for our knees. A new study says cyclists are less likely to experience knee pain later (3) _____ life than people who do not ride bicycles. The study was conducted (4) _____ a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average (5) _____ of 64. The survey participants were asked about their levels of physical activity. They also had (6) _____ of their knees taken. This was to look for signs and levels of arthritis in their knee joints.

The lead researcher, Dr Grace Lo, said the results of the research were (7) _____. She said cyclists were 21 per cent less likely to have signs of osteoarthritis compared (8) _____ those who did not have a history of cycling. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research shows that cyclists are around 20 per cent (9) _____ likely to die prematurely. Dr Lo said cycling, "is a great preventative strategy for many things, (10) _____ arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's (11) _____ happens when we use the cartilage in our joints a lot. The cartilage wears (12) _____ and becomes painful. Arthritis most commonly affects the over-50s.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|----------------|----------------|-----------------|
| 1. | (a) keeping | (b) keeps | (c) kept | (d) keep |
| 2. | (a) know | (b) knows | (c) knowing | (d) known |
| 3. | (a) on | (b) in | (c) at | (d) of |
| 4. | (a) at | (b) of | (c) by | (d) on |
| 5. | (a) old | (b) aged | (c) age | (d) years |
| 6. | (a) X-rays | (b) gamma rays | (c) sting rays | (d) UV rays |
| 7. | (a) surprise | (b) surprising | (c) surprised | (d) surprisedly |
| 8. | (a) to | (b) of | (c) in | (d) at |
| 9. | (a) smaller | (b) less | (c) lower | (d) fewer |
| 10. | (a) includes | (b) included | (c) including | (d) include |
| 11. | (a) that | (b) how | (c) what | (d) about |
| 12. | (a) for | (b) on | (c) up | (d) down |

SPELLING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Paragraph 1

1. It eghststnner our heart
2. keeps our ewtghi down
3. A little-known and (perhaps) surprising etnbfie
4. likely to pencrieexe knee pain
5. an aergvea age of 64
6. ahpcilsy activity

Paragraph 2

7. the srsteul of the research were surprising
8. less kllyie to have signs
9. die mpretruleay
10. a great preventative easgttyr
11. we use the cartilage in our tsinoj
12. Arthritis most Inomymco affects the over-50s

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Number these lines in the correct order.

- () age of 64. The survey participants were asked about their levels of physical
- (**1**) Cycling is a great way to keep fit and healthy. It strengthens our heart, keeps our weight down, and is good for mental
- () of cycling. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research
- () life than people who do not ride bicycles. The study was conducted by a research
- () and-tear" arthritis. It's what happens when we use the cartilage in our joints
- () strategy for many things, including arthritis". Osteoarthritis is often called "wear-
- () team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average
- () were 21 per cent less likely to have signs of osteoarthritis compared to those who did not have a history
- () a lot. The cartilage wears down and becomes painful. Arthritis most commonly affects the over-50s.
- () The lead researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists
- () for our knees. A new study says cyclists are less likely to experience knee pain later in
- () shows that cyclists are around 20 per cent less likely to die prematurely. Dr Lo said cycling, "is a great preventative
- () health. A little-known and (perhaps) surprising benefit of getting on a bike is that it is good
- () activity. They also had X-rays of their knees taken. This was to look for signs and levels of arthritis in their knee joints.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

1. is to fit . Cycling way a keep great
2. A on benefit of getting a surprising bike .
3. Cyclists less are experience knee likely pain . to
4. levels asked Participants about of activity . physical were
5. in levels Signs knee . and their arthritis of
6. of The results the were surprising . research
7. of who have cycling . a history Those didn't
8. 20% die are less Cyclists to likely prematurely .
9. many for great things . strategy It's a preventative
10. the most arthritis affects commonly disease The over-50s .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way to *keep / give* fit and healthy. It strengthens our heart, keeps our *weight / weigh* down, and is good for mental health. A little-known and (perhaps) surprising benefit *of / on* getting on a bike is that it is *good / well* for our knees. A new study says cyclists are less *likeable / likely* to experience knee pain later in life than people who do not ride bicycles. The study was conducted *by / of* a research team from Baylor College of Medicine in the USA. Researchers *surveilled / surveyed* 2,600 men and women, with an average age of 64. The survey *participants / parts* were asked about their levels *of / off* physical activity. They also had X-rays of their knees taken. This was to look for signs and levels of arthritis in their knee *joins / joints*.

The *lead / steel* researcher, Dr Grace Lo, said the results of the research were *surprised / surprising*. She said cyclists were 21 per cent less *liking / likely* to have signs of osteoarthritis compared to *those / them* who did not have a history of *cycling / cycle*. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research shows that cyclists are around 20 per cent less likely *for / to* die prematurely. Dr Lo said cycling, "is a great preventative strategy for many *things / thing*, including arthritis". Osteoarthritis is often *calling / called* "wear-and-tear" arthritis. It's what happens when we use the cartilage in our joints a *lots / lot*. The cartilage wears down and becomes painful. Arthritis most commonly *effects / affects* the over-50s.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycl_ng _s _ gr__t w_y t_ k__p f_t _nd h__lthy. _t str_ngth_ns __r h__rt, k__ps __r w__ght d_wn, _nd _s g__d f_r m_nt_l h__lth. _ lttl_-kn_wn _nd (p_rh_ps) s_rpr_s_ng b_n_f_t _f g_tt_ng _n _ b_k_ _s th_t _t _s g__d f_r __r kn__s. _ n_w st_dy s_ys cycl_sts _r_ l_ss l_k_ly t_ _xp_r__nc_ kn__ p__n l_t_r _n l_f_ th_n p__pl_ wh_ d_ n_t r_d_ b_cycl_s. Th_ st_dy w_s c_nd_ct_d by _ r_s__rch t__m fr_m B_yl_r C_ll_g_ _f M_d_c_n_ _n th_ _S_. R_s__rch_rs s_rv_y_d 2,600 m_n _nd w_m_n, w_th _n _v_r_g_ _g_ _f 64. Th_ s_rv_y p_rt_c_p_nts w_r_ _sk_d _b__t th__r l_v_ls _f phys_c_l _ct_v_ty. Th_y _ls_ h_d X-r_ys _f th__r kn__s t_k_n. Th_s w_s t_ l__k f_r s_gns _nd l_v_ls _f _rthr_t_s _n th__r kn__ j__nts.

Th_ l__d r_s__rch_r, Dr Gr_c_ L_, s__d th_ r_s_lts _f th_ r_s__rch w_r_ s_rpr_s_ng. Sh_ s__d cycl_sts w_r_ 21 p_r c_nt l_ss l_k_ly t_ h_v_ s_gns _f _st__rthr_t_s c_mpr_d t_ th_s_ wh_ d_d n_t h_v_ _ h_st_ry _f cycl_ng. Sh_ _dd_d: "_ w_s s_rpr_s_d t_ s__ h_w v_ry str_ng th_ b_n_f_t [_f cycl_ng] w_s." _ l_t _f r_s__rch sh_ws th_t cycl_sts _r_ _r__nd 20 p_r c_nt l_ss l_k_ly t_ d__ pr_m_t_r_ly. Dr L_ s__d cycl_ng, "_s _ gr__t pr_v_nt_t_v_ str_t_gy f_r m_ny th_ngs, _ncl_d_ng _rthr_t_s". _st__rthr_t_s _s _ft_n c_ll_d "w__r_-nd-t__r" _rthr_t_s. _t's wh_t h_pp_ns wh_n w_ _s_ th_ c_rt_l_g_ _n __r j__nts _ l_t. Th_ c_rt_l_g_ w__rs d_wn _nd b_c_m_s p__nf_l. _rthr_t_s m_st c_mm_nly _ff_cts th_ _v_r-50s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

cycling is a great way to keep fit and healthy it strengthens our heart keeps our weight down and is good for mental health a littleknown and perhaps surprising benefit of getting on a bike is that it is good for our knees a new study says cyclists are less likely to experience knee pain later in life than people who do not ride bicycles the study was conducted by a research team from baylor college of medicine in the usa researchers surveyed 2600 men and women with an average age of 64 the survey participants were asked about their levels of physical activity they also had xrays of their knees taken this was to look for signs and levels of arthritis in their knee joints

the lead researcher dr grace lo said the results of the research were surprising she said cyclists were 21 per cent less likely to have signs of osteoarthritis compared to those who did not have a history of cycling she added i was surprised to see how very strong the benefit of cycling was a lot of research shows that cyclists are around 20 per cent less likely to die prematurely dr lo said cycling is a great preventative strategy for many things including arthritis osteoarthritis is often called wearandtear arthritis its what happens when we use the cartilage in our joints a lot the cartilage wears down and becomes painful arthritis most commonly affects the over50s

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Cycling is a great way to keep fit and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known, and perhaps surprising, benefit of getting on a bike is that it is good for our knees. A new study says cyclists are less likely to experience knee pain later in life than people who do not ride bicycles. The study was conducted by a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average age of 64. The survey participants were asked about their levels of physical activity. They also had x-rays of their knees taken. This was to look for signs and levels of arthritis in their knee joints. The lead researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists were 21 percent less likely to have signs of osteoarthritis compared to those who did not have a history of cycling. Osteoarthritis is often called "wear-and-tear" arthritis. It's what happens when we use the cartilage in our joints a lot. The cartilage wears down and becomes painful. Arthritis most commonly affects the over-50s. Dr Lo said cycling, "is a great preventative strategy for many things, including arthritis". She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research shows that cyclists were also around 20 percent less likely to die prematurely.

FREE WRITING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

Write about **cycling** for 10 minutes. Comment on your partner's paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ACADEMIC WRITING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees.html>

We should all get on our bikes. Discuss.

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. KNEES: Make a poster about knees. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CYCLING: Write a magazine article about governments making more cycling tracks. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on cycling. Ask him/her three questions about cycling. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 T 6 T 7 T 8 T

SYNONYM MATCH (p.5)

1. f	2. e	3. j	4. h	5. c
6. g	7. b	8. i	9. a	10. d

COMPREHENSION QUESTIONS (p.9)

1. Cycling
2. Knee pain
3. 2,600
4. 64
5. Their knees
6. Surprise
7. Cyclists
8. A preventative strategy
9. The cartilage
10. The over-50s

WORDS IN THE RIGHT ORDER (p.19)

1. Cycling is a great way to keep fit.
2. A surprising benefit of getting on a bike.
3. Cyclists are less likely to experience knee pain.
4. Participants were asked about levels of physical activity.
5. Signs and levels of arthritis in their knee.
6. The results of the research were surprising.
7. Those who didn't have a history of cycling.
8. Cyclists are 20% less likely to die prematurely.
9. It's a great preventative strategy for many things.
10. The disease arthritis most commonly affects the over-50s.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)