Приложение 4.

[**www.Breaking News English.com**](http://www.breakingnewsenglish.com/) **Ready-to-use ESL/EFL Lessons**

**Scientists discover healthier pizza**

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| **THE ARTICLE**  Food scientists and dieticians have found new ways to make pizza that is good for you. This is very welcome news for overweight pizza lovers and those who worry about their weight. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that leaving pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the amount of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed a higher heat also made the dough healthier to eat.  This new research may help pizza sales around the world. However, some diet experts warned that even though this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, warned that although the pizza base might be good for you, people might be “more likely to choose extra cheese”. She added: "This isn't teaching people about healthy eating." Nevertheless, the study’s author, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, outside London’s Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, although not if we have too much or have cola and fries with it.”  **BEFORE READING**  **1. TRUE / FALSE:** Look at the article’s headline and guess whether these sentences are true (T) or false (F):   |  |  |  | | --- | --- | --- | | a. | Scientists have discovered a pizza that helps you lose weight. | T / F | | b. | The secret to the new pizza is in how to bake the base. | T / F | | c. | Antioxidants in food help fight some life-threatening diseases. | T / F | | d. | Cooking the pizza at a low temperature means it is healthier. | T / F | | e. | Diet experts said the new pizza is healthier than eating fruit. | T / F | | f. | Another expert said people should choose their toppings carefully. | T / F | | g. | The expert said this research teaches us about healthy eating. | T / F | | h. | This study is good news for deep-pan pizza lovers. | T / F |   **WHILE READING**  **GAP FILL:** Put the words into the gaps in the text.  **Scientists discover healthier pizza**   |  |  |  | | --- | --- | --- | | Food scientists and dieticians have \_\_\_\_\_\_\_\_ new ways to make pizza that is good for you. This is very \_\_\_\_\_\_\_\_ news for overweight pizza lovers and those who worry about their \_\_\_\_\_\_\_\_. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that \_\_\_\_\_\_\_\_ pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the \_\_\_\_\_\_\_\_ of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart \_\_\_\_\_\_\_\_ and are found in most healthy food. Furthermore, the team experimented with \_\_\_\_\_\_\_\_ cooking temperatures. Their results showed a higher \_\_\_\_\_\_\_\_ also made the dough healthier to eat. |  | *disease leaving welcome heat found amount different weight* | | This new research may help pizza \_\_\_\_\_\_\_\_ around the world. However, some diet experts warned that even though this research looks good, it is still \_\_\_\_\_\_\_\_ to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people \_\_\_\_\_\_\_\_ unhealthy toppings. Jacqui Lowdon, a British diet \_\_\_\_\_\_\_\_, warned that although the pizza base might be good for you, people might be “more \_\_\_\_\_\_\_\_ to choose extra cheese”. She added: "This isn't teaching people about healthy eating." Nevertheless, the study’s \_\_\_\_\_\_\_\_, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, \_\_\_\_\_\_\_\_ London’s Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, \_\_\_\_\_\_\_\_ not if we have too much or have cola and fries with it.” |  | *author expert better although likely sales outside choose* |   **AFTER READING**  **1. SYNONYM MATCH:** Match the following synonyms from the article:   |  |  |  | | --- | --- | --- | | a. | dietician | fat | | b. | welcome | enthusiast | | c. | overweight | pastry | | d. | dough | food | | e. | furthermore | writer | | f. | diet | nutritionist | | g. | choose | conclusions | | h. | author | also | | i. | findings | good | | j. | fan | select |   **2. PHRASE MATCH:** Match the following phrases from the article (sometimes more than one combination is possible):   |  |  |  | | --- | --- | --- | | a. | dieticians have found new ways | amount of baking time | | b. | welcome | the pizza base | | c. | different ways of baking | people who like deep-pan pizzas | | d. | doubling the | may not be so healthy | | e. | Antioxidants help fight | to make pizza that is good for you | | f. | This new research may help pizza | with it | | g. | pizza that is baked longer | sales around the world | | h. | people might be more | news for overweight pizza lovers | | i. | his findings were good for | cancer and heart disease | | j. | have cola and fries | likely to choose extra cheese |   **LANGUAGE**  **CORRECT WORD:** Put the correct words from a–d below in the article.  **Scientists discover healthier pizza**  Food scientists and dieticians have found new (1) \_\_\_\_ to make pizza that is good for you. This is very (2) \_\_\_\_ news for overweight pizza lovers and those who worry about their weight. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that (3) \_\_\_\_ pizza dough in the oven for a longer time made it healthier to eat. They said that (4) \_\_\_\_ the amount of baking time increased the levels of antioxidants in the mix by (5) \_\_\_\_ to 100 percent. Antioxidants help fight cancer and heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed a higher (6) \_\_\_\_ also made the dough healthier to eat.  This new research may (7) \_\_\_\_ pizza sales around the world. However, some diet experts warned that even (8) \_\_\_\_ this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is baked (9) \_\_\_\_ may not be so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, warned that although the pizza base might be good for you, people might be “more (10) \_\_\_\_ to choose extra cheese”. She added: "This isn't teaching people about healthy eating." (11) \_\_\_\_, the study’s author, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, outside London’s Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, although not if we have too much or have cola and fries with (12) \_\_\_\_.”   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | (a) | waits | (b) | weighs | (c) | way | (d) | ways | | 2. | (a) | welcome | (b) | welcomed | (c) | welcomes | (d) | well | | 3. | (a) | leasing | (b) | lifting | (c) | leaving | (d) | leading | | 4. | (a) | two times | (b) | doubling | (c) | twice | (d) | twofold | | 5. | (a) | in | (b) | up | (c) | down | (d) | out | | 6. | (a) | heated | (b) | warm | (c) | heat | (d) | fire | | 7. | (a) | help | (b) | helps | (c) | helpful | (d) | helper | | 8. | (a) | thru | (b) | thought | (c) | through | (d) | though | | 9. | (a) | longer | (b) | length | (c) | long | (d) | longest | | 10. | (a) | liken | (b) | likelihood | (c) | likely | (d) | likeness | | 11. | (a) | Lesser | (b) | Nevertheless | (c) | Additionally | (d) | Never | | 12. | (a) | without | (b) | all | (c) | them | (d) | it |   **HOMEWORK**  **1. PIZZA POSTER:** Make a poster about the different types of pizza around the world – especially those in Italy. Include pizza made in your country. Show your poster to your class in the next lesson. Vote on the best one(s).  **2. MAGAZINE ARTICLE:** Write a magazine article about the new healthy wonder pizza. Write about how it might change all fast food and that one day, burgers might be health food. Read what you wrote to your classmates in the next lesson. Which article was best and why?  **3. LETTER:** Write a letter to the researchers of the new pizza baking method. Give them three pieces of advice about pizza. Include three questions. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.  **ANSWERS**  **TRUE / FALSE:**   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | a. F | b. T | c. T | d. F | e. F | f. T | g. F | h. T |   **SYNONYM MATCH:**   |  |  |  | | --- | --- | --- | | a. | dietician | nutritionist | | b. | welcome | good | | c. | overweight | fat | | d. | dough | pastry | | e. | furthermore | also | | f. | diet | food | | g. | choose | select | | h. | author | writer | | i. | findings | conclusions | | j. | fan | enthusiast |   **PHRASE MATCH:**   |  |  |  | | --- | --- | --- | | a. | dieticians have found new ways | to make pizza that is good for you | | b. | welcome | news for overweight pizza lovers | | c. | different ways of baking | the pizza base | | d. | doubling the | amount of baking time | | e. | Antioxidants help fight | cancer and heart disease | | f. | This new research may help pizza | sales around the world | | g. | pizza that is baked longer | may not be so healthy | | h. | people might be more | likely to choose extra cheese | | i. | his findings were good for | people who like deep-pan pizzas | | j. | have cola and fries | with it |   **GAP FILL:**  **Scientists discover healthier pizza**  Food scientists and dieticians have **found** new ways to make pizza that is good for you. This is very **welcome** news for overweight pizza lovers and those who worry about their **weight**. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that **leaving** pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the **amount** of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart **disease** and are found in most healthy food. Furthermore, the team experimented with **different** cooking temperatures. Their results showed a higher **heat** also made the dough healthier to eat.  This new research may help pizza **sales** around the world. However, some diet experts warned that even though this research looks good, it is still **better** to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people **choose** unhealthy toppings. Jacqui Lowdon, a British diet **expert**, warned that although the pizza base might be good for you, people might be “more **likely** to choose extra cheese”. She added: "This isn't teaching people about healthy eating." Nevertheless, the study’s **author**, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, **outside** London’s Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, **although** not if we have too much or have cola and fries with it.”  **LANGUAGE WORK**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1 - d | 2 - a | 3 - c | 4 -b | 5 - b | 6 -c | 7 - a | 8 -d | 9 -a | 10 - c | 11 -b | 12 - d | |