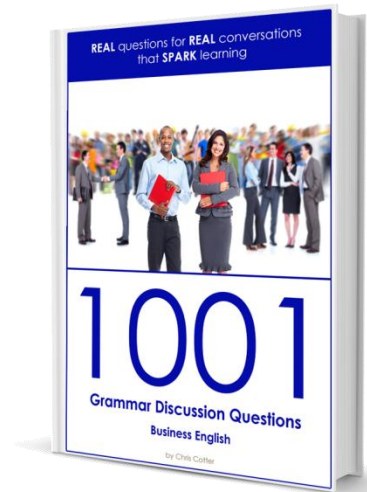
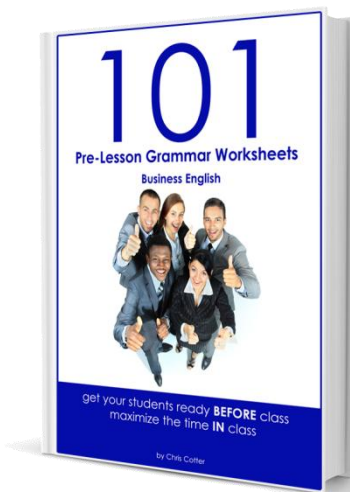
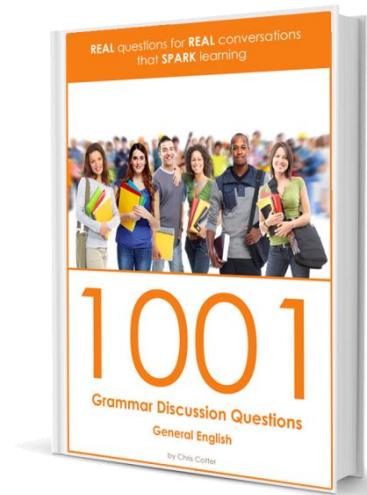
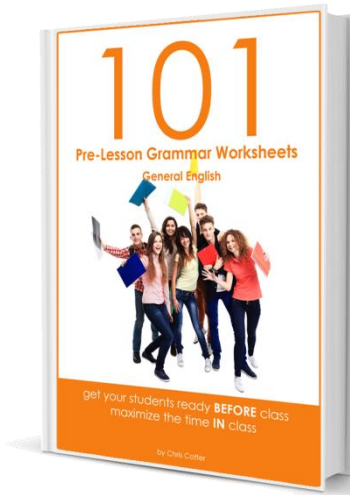
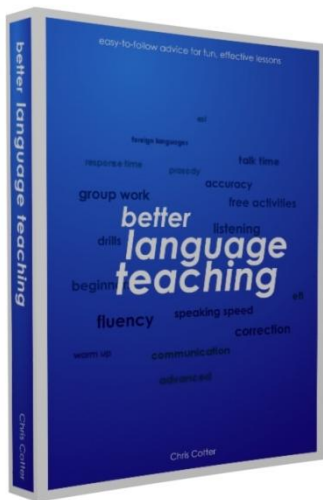


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## the ARTICLE (for teachers)

### Slow Aging

Lifestyle choices affect aging. People who smoke usually have dry, rough skin. They have wrinkles around their lips too. Or people who suntan have skin like leather, as well as deep wrinkles around the eyes. People who have too much stress get dark circles under their eyes. However, smoking, sun, and stress affect the inside of people too. And until now, no one knew the seriousness of these unseen effects.

Scientists are closely examining the lifestyles of identical twins. Because twins begin life as exact copies of one another, different behavior will affect each sibling's body. Scientists can then compare these differences. Photos show how lifestyle choices affect the outward appearance of the body, and there are internal differences too. The study is currently examining 186 pairs of adult twins.

Scientists are looking at positive lifestyle choices of the siblings too. Healthy diets of fruits and vegetables, exercise, and reducing the amount of stress in the lives of the twins all add years to a their lives.

The goal is to one day extend the lives of humans to 200 or 300 years. Twins may hold an important piece of the puzzle.

**Teacher's Notes:**

\* Underlined words in **red typeface** are the recommended vocabulary for this lesson.

## WARM-UPS

Select one or all of the following warm-up activities.

**1: Define:** What does "aging" mean? Can you use it in a sentence? Can you give examples?

**2: Brainstorm:** Brainstorm with a partner words and ideas for "aging" for two minutes. Next, talk about the words and ideas for five minutes.

**3: Title:** Today's article is: "Slow Aging." What will you read about?

**4: Do you agree or disagree? Why?**

- |    |   |
|----|---|
| a. | You should enjoy life and not worry about growing older.        |
| b. | Although everyone grows old, I'd prefer to grow old gracefully. |
| c. | I want to look and feel young for as long as possible.          |
| d. | Someday humans will likely live for hundreds of years.          |
| e. | My generation will likely live for hundreds of years.           |

## VOCABULARY

Select one of the following vocabulary acquisition activities.

**1: Vocabulary match:** Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

a.	<b>unseen</b>	u.	the same
b.	<b>identical</b>	v.	brothers and sisters
c.	<b>compare</b>	w.	inside
d.	<b>internal</b>	x.	now
e.	<b>current</b>	y.	hidden; something you can't see
f.	<b>siblings</b>	z.	look closely at A and B

**2: Fill in the Blanks:** Fill in the blank with the correct word.

	<b>unseen</b>	<b>compare</b>	<b>identical</b>
	<b>currently</b>	<b>siblings</b>	<b>internal</b>
a.	No one knew the seriousness of these ( ) effects.		
b.	Scientists are closely examining the lifestyles of ( ) twins.		
c.	Scientists can then ( ) these differences.		
d.	There are ( ) differences too.		
e.	The study is ( ) examining 186 pairs of adult twins.		
f.	Scientists are looking at positive lifestyle choices of the ( ) too.		

**3: Define:** Look in your dictionary for each word. Write the definition, correctly pronounce the word, and give an example sentence to the class.

a.	<b>unseen:</b>
b.	<b>identical:</b>
c.	<b>compare:</b>
d.	<b>internal:</b>
e.	<b>current:</b>
f.	<b>siblings:</b>

## WORD RECOGNITION

These activities are optional. They reinforce vocabulary and increase reading speed.

**1: Word Search:** Find only the target words (in bold). Time yourself, and see how long it takes to find all the words.

unseen currently	compare siblings	identical internal
	F F Z Y B P P B C I L V F R V	
	S I H S I W Q V T D A T B V F	
	E O F O R K T Y C E N C Y C L	
	Y K C Y P Y K U Z N R K X K N	
	H U K U E V R Y S T E X U T W	
	U W L N R R Y G X I T T N O A	
	I N V S E R N P G C N R S U Y	
	E L S N G I E C N A I D E S F	
	O V T E B N J N I L E G A K I	
	H L Z L E C I T N E D I N L A	
	Y X I F R N U L O T T U F Y T	
	M S F Z W W F W B Q L J S T D	
	C O M P A R E U A I F Y V S I	
	I V A W V E P N R L S S P N U	
	A U Z Z J J M T N Y A N F Z S	

**2: Target Word Pool:** Find only the target words (in bold) with their exact match. Time yourself, and see how long it takes to find all the words.

unseen currently	compare siblings	identical internal
	internal	uncommonly
	unsullied	specifics
	currently	siblings
	comparing	scene
	special	compared
	identify	intentional
	unseen	concurrent
	comparison	unseeing
	current	identical
	unidentified	intern
	internally	compare
	currents	specific
	seen	identicalness
	internals	internals

## pre- or post-COMPREHENSION

Select one or more activity to direct students before the article is read, or to check understanding after the article is read.

**1: Brainstorm Questions:** Brainstorm questions that you would like to ask about today's topic. Answer a partner the questions. He shouldn't look at the article when he answers.

**2: True or False?:** Guess (before the article) or answer (after the article) if the sentence is true or false. If false, correct the sentence.

a.	According to the article, smoking causes leathery skin.	T/F
b.	The study will compare lifestyles of all twins.	T/F
c.	Scientists will mostly look at the negative lifestyle choices.	T/F
d.	A positive or negative outlook affects aging.	T/F
e.	The goal is for humans to be able to live for hundreds of years.	T/F

**3: Questions:** Answer the questions to check comprehension.

a.	According to the article, what happens when you smoke or get too much sun?
b.	Why have scientists decided to study identical twins?
c.	Are positives lifestyle choices also being examined?
d.	What aspects of twins' lives are being studied?
e.	According to the article, what is the ultimate goal?

**4: Fragments:** Remember how the fragments were used, and complete the sentence.

a.	<b>Or people who suntan have skin like leather, as well as...</b>
b.	<b>Scientists are closely examining...</b>
c.	<b>Scientists are looking at...</b>
d.	<b>Twins may hold an...</b>

## post-COMPREHENSION

Select one or more activity to discuss the contents of the article.

**1: Vocabulary:** Circle any other unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand these words. Write an example sentence for each one.

**2: Class Questions:** Read through the article once more, and write down any questions that you would like to talk about in pairs/groups or as a class. Answer the questions.

**3: Summarize:** Work with a partner to summarize the article in your own words.

**4: Discuss:** Talk about the following questions in pairs/groups. Remember to support your answers and ask more questions with your partner.

- |    |  |
|----|--|
| a. | Did you like this article? Why/not?                                      |
| b. | How concerned are you with aging? Please explain.                        |
| c. | Do you think people in general are too worried about aging? Why/not?     |
| d. | What lifestyle choices have you made that have had negative effects?     |
| e. | What lifestyle choices have you made that have had positive effects?     |
| f. | If humans could double their lifespan, would it be a good idea? Why/not? |

**5: Discuss:** What can people do to live longer, healthier lives? Brainstorm three ideas with a partner and provide reasons. Share your answers with another pair of students, and decide on the best idea together.

**Idea #1:**

**Idea #2:**

**Idea #3:**

**6: Google Search:** Type "aging" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.

## STUDENT HANDOUT (the article)

### Slow Aging

Lifestyle choices affect aging. People who smoke usually have dry, rough skin. They have wrinkles around their lips too. Or people who suntan have skin like leather, as well as deep wrinkles around the eyes. People who have too much stress get dark circles under their eyes. However, smoking, sun, and stress affect the inside of people too. And until now, no one knew the seriousness of these unseen effects.

Scientists are closely examining the lifestyles of identical twins. Because twins begin life as exact copies of one another, different behavior will affect each sibling's body. Scientists can then compare these differences. Photos show how lifestyle choices affect the outward appearance of the body, and there are internal differences too. The study is currently examining 186 pairs of adult twins.

Scientists are looking at positive lifestyle choices of the siblings too. Healthy diets of fruits and vegetables, exercise, and reducing the amount of stress in the lives of the twins all add years to a their lives.

The goal is to one day extend the lives of humans to 200 or 300 years. Twins may hold an important piece of the puzzle.

**Notes:**



**STUDENT HANDOUT (fill in the blank)**

Fill in the blank with the correct word.

<b>compare</b>	<b>currently</b>	<b>goal</b>	<b>identical</b>	<b>puzzle</b>
<b>examining</b>	<b>unseen</b>	<b>siblings</b>	<b>leather</b>	<b>internal</b>

**Slow Aging**

Lifestyle choices affect aging. People who smoke usually have dry, rough skin. They have wrinkles around their lips too. Or people who suntan have skin like (a. \_\_\_\_\_), as well as deep wrinkles around the eyes. People who have too much stress get dark circles under their eyes. However, smoking, sun, and stress affect the inside of people too. And until now, no one knew the seriousness of these (b. \_\_\_\_\_) effects.

Scientists are closely (c. \_\_\_\_\_) the lifestyles of (d. \_\_\_\_\_) twins. Because twins begin life as exact copies of one another, different behavior will affect each sibling's body. Scientists can then (e. \_\_\_\_\_) these differences. Photos show how lifestyle choices affect the outward appearance of the body, and there are (f. \_\_\_\_\_) differences too. The study is (g. \_\_\_\_\_) examining 186 pairs of adult twins.

Scientists are looking at positive lifestyle choices of the (h. \_\_\_\_\_) too. Healthy diets of fruits and vegetables, exercise, and reducing the amount of stress in the lives of the twins all add years to a their lives.

The (i. \_\_\_\_\_) is to one day extend the lives of humans to 200 or 300 years. Twins may hold an important piece of the (j. \_\_\_\_\_).

## STUDENT HANDOUT (extended listening)

Listen and fill in the missing sentences. Compare your answers with a partner, and then listen once more.

### Slow Aging

Lifestyle choices affect aging. People who smoke usually have dry, rough skin. They have wrinkles around their lips too. Or people who suntan have skin like leather, as well as deep wrinkles around the eyes. People who have too much stress get dark circles under their eyes. However, smoking, sun, and stress affect the inside of people too. And until now, a) \_\_\_\_\_.

Scientists are closely examining the lifestyles of identical twins. b) \_\_\_\_\_, different behavior will affect each sibling's body. Scientists can then compare these differences. c) \_\_\_\_\_, and there are internal differences too. The study is currently examining 186 pairs of adult twins.

Scientists are looking at positive lifestyle choices of the siblings too. Healthy diets of fruits and vegetables, exercise, and reducing the amount of stress in the lives of the twins all add years to a their lives.

The goal is to one day extend the lives of humans to 200 or 300 years. Twins may hold an important piece of the puzzle.

**Sentence #1:**

**Sentence #2:**

**Sentence #3:**

## ANSWER KEY

### Vocabulary

#### 1: Vocabulary Match:

a.	y
b.	u
c.	z
d.	w
e.	x
f.	v

#### 2: Fill in the Blanks:

a.	unseen
b.	identical
c.	compare
d.	internal
e.	currently
f.	siblings

### pre- or post-Comprehension

#### 1. True or False:

a.	F
b.	F
c.	F
d.	T
e.	T

#### 2. Fragments:

a.	deep wrinkles around the eyes.
b.	the lifestyles of identical twins.
c.	positive lifestyle choices of the siblings too.
d.	important piece of the puzzle.

### Student Handout

#### 1: Fill in the Blanks:

a.	leather	f.	internal
b.	unseen	g.	currently
c.	examining	h.	siblings
d.	identical	i.	goal
e.	compare	j.	puzzle

#### 2: Extended Listening:

a.	no one knew the seriousness of these unseen effects
b.	Because twins begin life as exact copies of one another
c.	Photos show how lifestyle choices affect the outward appearance of the body