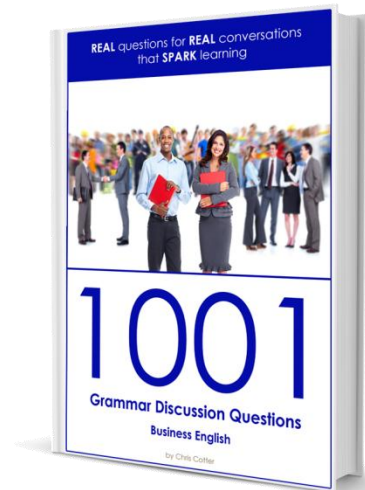
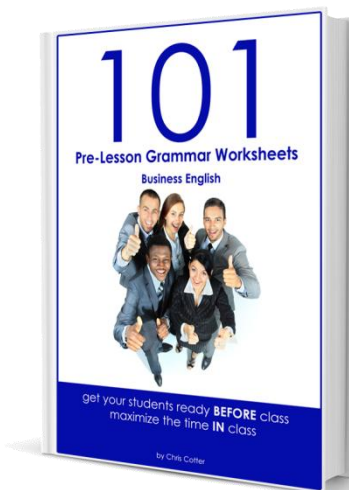
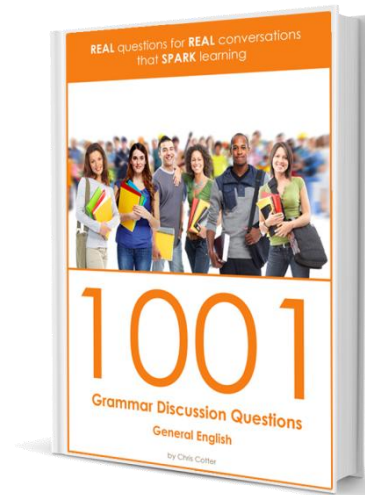
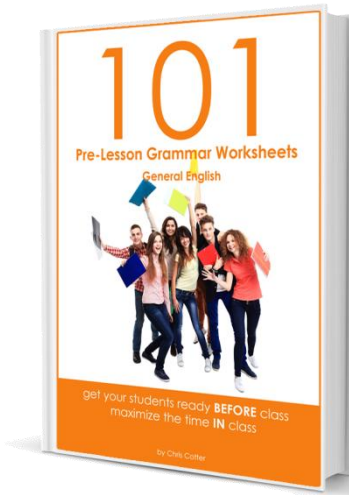
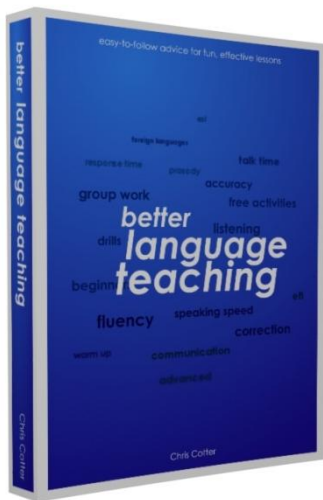


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## the ARTICLE (for teachers)

### 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.

## the Article (for students)

Fill in the blank with the correct word.

compare	currently	goal	identical	puzzle
examining	unseen	siblings	leather	internal

### 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. \_\_\_\_\_).

## STEP ONE

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

## STEP TWO

**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

## STEP THREE

**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.		

## STEP FOUR

**The Article:** 1) Read the article, but don't worry about the missing words. 2) Fill in the blanks with today's vocabulary, followed by all the other words. 3) Read the article again, and circle any unknown words/phrases. In pairs/groups, use your dictionaries to understand the words or phrases you circled. 4) Answer the questions to check your 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?

## STEP FIVE

**Discuss:** Write down three vocabulary words from today's article that you want to use.

a.	
b.	
c.	

Now talk about the following questions in pairs/groups. Every time you use a vocabulary word, place a check next to it.

a.	Did you like this article? Why/not?
b.	What lifestyle choices have you made that have had negative effects?
c.	What lifestyle choices have you made that have had positive effects?
d.	If humans could double their lifespan, would it be a good idea? Why/not?

### Score yourself:

**7-10 times, or more:** Fantastic! Be sure to review the words at home.

**4-6 times:** Pretty good! You're on your way to acquiring today's vocabulary. Try writing your own sentences at home for more practice.

**3 or less times:** Try harder next time! To acquire new vocabulary, you need to use the new words as much as possible.