DICTIONARY BuzzWord



TEACHER'S NOTES

irisin

www.macmillandictionary.com

Overview: Suggestions for using the **Macmillan Dictionary BuzzWord** article on *irisin* and the associated worksheets.

Total time for worksheet activities: 35 minutes

Suggested level: Intermediate and above

- If you intend to use the worksheets in class, go to the BuzzWord article at the web address given at the beginning of the worksheet and print off a copy of the article. Make a copy of the worksheet and the BuzzWord article for each student.
- 2. If the members of your class all have computer access, ask them to open the worksheet before they go to the Buzzword article link. Make sure they do not scroll down to the Key until they have completed each exercise. You might find it helpful not to print a copy of the Key for each student but to check the answers as a class.
- Encourage the students to read through the questions in Exercise 1 before they look at the article. When they have completed the exercise, ask them to compare their answers with a partner. Then check the answers as a class.
- In Exercise 2, make sure that the students know that the words in the exercise appear in the same order in which they appear in the text.
- 5. When your students have completed Exercise 3, ask them to correct the false statements (see the Key for the corrections).
- 6. In Exercise 4, ask the students to complete the exercise and then discuss their answers with a partner. Check the answers as a class.
- Encourage the students to try to form the chunks in Exercise 5 without looking back at the text. When they have completed the task,

- ask them to compare their answers in pairs. Then they can check their answers by looking in the text.
- As a winding up activity, ask the students if they think that using irisin is a good alternative to regular exercise and to give reasons why or why not.







WORKSHEET

irisin

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Go to the Macmillan Dictionary BuzzWord article at:

http://www.macmillandictionary.com/buzzword/entries/irisin.html

1 Find the information

Read the BuzzWord article on irisin and answer these questions.

- 1. What happened when irisin was injected into mice?
- 2. Where is irisin naturally found?
- 3. Where is 'white fat' typically found?
- 4. What kind of fat is particularly beneficial to health?
- 5. Where is the suffix -in commonly used?
- 6. How did irisin get its name?

2 Find the word

Look in the text and find the following words. The first letters of the words or phrases are given. The words are in the order in which they appear in the text.

| 1. | a six-word expression meaning have all the benefits of a situation when, in fact, having one thing means that you cannot have the other. h |
|----|--|
| 2. | a verb meaning to help something to increase, improve or become more successful. b |
| 3. | a two-word compound noun meaning the effect of a medicine or drug that is not intended and could be unpleasant. s |
| 4. | a noun meaning great physical or mental effort. e |
| 5. | a two-word expression meaning someone who spends a lot of time sitting at home watching television. |
| 6. | a noun meaning a condition in which someone is too fat in a way that is dangerous for their health. o |

3 Comprehension check

Are these statements true (T) or false (F) according to the text?

- 1. Irisin might be able to simulate the health benefits of a sensible diet and regular exercise.
- 2. *Irisin* levels in the body increase when we take exercise.
- 3. Irisin is found naturally in humans but is not found in mice.
- 4. Irisin is intended to be a substitute for a healthy diet and regular exercise.
- 5. The main application of *irisin* will be to help deal with disorders such as diabetes and extreme obesity.
- 6. Irisin acts as a chemical messenger from fat tissue to muscle.







WORKSHEET

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4 Verb + noun collocations

Match the verbs in the left-hand column with the nouns and noun phrases in the right-hand column to make expressions from the text.

1. administer

2. have

3. burn off

4. undertake

5. demonstrate

suffer

- a. access to something
- b. the effects of something
- c. research
- d. a drug
- e. side effects
- f. excess calories

6 Chunks

Rearrange the words to make expressions from the text. You may need to add a hyphen in some cases.

- 1. the benefits all loss weight
- 2. gym at a regular workout the
- 3. regular benefits the of health exercise
- 4. sugar controlling levels blood
- 5. ten within period a of days
- 6. little years as in two as





KEY

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KEY

1 Find the information

- 1. They lost a small amount of weight.
- 2. in muscle cells
- 3. around a person's waist
- 4. brown fat
- 5. in the names of chemical substances, proteins, etc.
- 6. from the Greek goddess Iris

2 Find the word

- 1. have one's cake and eat it
- 2. boost
- 3. side effect
- 4. exertion
- 5. couch potato
- 6. obesity

3 Comprehension check

- 1. T
- 2. 1
- 3. F. Irisin is a natural substance found both mice and humans.
- 4. F. Irisin is <u>not</u> intended to be a substitute for a healthy diet and regular exercise.
- 5. T.
- 6. F. Irisin acts as a chemical messenger from muscle to fat tissue.

4 Verb + noun collocations

- 1. d
- 2. a
- 3. f
- 4. c
- 5. b
- 6. e

5 Chunks

- 1. all the weight-loss benefits
- 2. a regular workout at the gym
- 3. the health benefits of regular exercise
- 4. controlling blood sugar levels
- 5. within a period of ten days
- 6. in as little as two years