

Exercise in a pill: have scientists really found a drug that's as good for you as a 10km run?

Level 1: Elementary / Pre-Intermediate

Article summary: This article presents a new drug that mimics the effects of exercise and explores its advantages and limitations.

Time: 60 minutes

Skills: Reading, Speaking

Language focus: Contrasting words

Materials needed: One copy of the worksheet per student

1. Warmer

- a. This activity aims to let students discuss the benefits of doing exercise and having a healthy diet, as well as the challenges of having regular exercise habits and maintaining a healthy diet. Ask them to share experiences of their own and / or those of people they know. End by having students brainstorm the easiest way they can imagine to stay healthy. Encourage them to be very imaginative in their proposed ideas.

2. Key words

- a. Ask students to do this task individually and then compare their answers in pairs or small groups. As an extension activity, ask students to highlight the key words in the article.

Key:

1. *produce*
2. *physical effects*
3. *benefit*
4. *mimic*
5. *pill*
6. *genes*
7. *endurance*
8. *appetite*
9. *psychological effect*
10. *energy*

- b. Before reading the article carefully, students use the key words from the previous activity to fill the gaps in the sentences to ensure that they know how the words are used in other contexts.

Key:

1. *physical effects*
2. *endurance*
3. *genes*
4. *appetite*
5. *mimic*
6. *benefits*
7. *energy*
8. *psychological effects*
9. *pill*
10. *produces*

3. Comprehension check

- a. Students decide if the statements are true or false based on the information in the article. Encourage students to use full sentences when they correct the false sentences, e.g. item 1 is false, so students may say, 'LaKe puts the body in a state like someone running 10 kilometres very quickly before eating'.

Key:

1. *False. LaKe puts the body in a state like someone running 10 kilometres very quickly before eating.*
2. *True*
3. *True*
4. *True*
5. *False. 516 generated cancer cells. LaKe shows no signs of toxicity.*
6. *False. Pills can mimic the physical effects but not the psychological effect of running a 5k with friends.*

Exercise in a pill: have scientists really found a drug that's as good for you as a 10km run?

Level 1: Elementary / Pre-Intermediate

4. Key language

- a. This activity helps students see how expressions of contrast are used and the differences in the way they are used. As an extension activity, ask students to look for these examples in the article.

Key:

1. *They connect ideas that are different. They contrast ideas.*
2. *Although and However go at the start of a sentence.*
3. *But goes in the middle of a sentence.*

- b. Students complete the sentence using the expressions of contrast they have just studied.

Key:

1. *but*
2. *Although (can't be However because However needs an idea to contrast with in front of the sentence it begins)*
3. *However*
4. *Although (can't be However because However needs an idea to contrast with in front of the sentence it begins)*
5. *but*
6. *However*

5. Discussion

- a. Students discuss the statements related to the article and give their reasons and justifications for each answer, referring to their own experiences wherever possible.

6. In your own words

- a. Ask students to think about all the advantages and disadvantages of pills like LaKe. If possible, have students research more information about these kinds of pills.
- b. Students then present their ideas to the class. Encourage them to use *Although*, *However* and *but* to contrast ideas.