

THE ARTICLE

From <https://breakingnewsenglish.com/2105/210514-world-food-prize.html>

The World Food Prize has been awarded to a nutrition expert for her innovative work on fish. Dr Shakuntala Thilsted, 71, received the coveted prize for pioneering new methods of raising fish that are rich in nutrients. She also successfully campaigned to incorporate fish into the diets of people in developing countries. U.S. Secretary of State Antony Blinken commended Dr Thilsted on her work. He said she "figured out how these nutrient-rich small fish can be raised locally and inexpensively". He added that, "millions of low-income families...are eating small fish regularly, dried and fresh, in everything from chutneys to porridge". He said: "The key nutrients in the fish will protect children for a lifetime."

The World Food Prize was created by a Nobel Peace Prize laureate in 1986. He wanted to recognise scientists who improved the quality and availability of food. The recipient of the award receives a \$250,000 prize. Dr Thilsted grew up on the Caribbean island of Trinidad. She fully appreciated the nutritional value of fish in improving our health. She went on to conduct research on malnutrition and fish diets in Bangladesh in the 1980s. She said: "I was able to assess the nutritional composition of small fish species and realized that they were extremely rich in multiple vitamins and minerals." She hopes her award will inspire more women in developing countries to continue her research.

Sources: <https://apnews.com/article/us-news-united-nations-europe-lifestyle-science-5e81a0c0047cf5d4cb286d6a43fc13b4>
<https://www.npr.org/sections/goatsandsoda/2021/05/11/994024753/why-this-world-food-prize-winner-wants-you-to-reconsider-anchovies>
<https://thefishsite.com/articles/worldfish-stalwart-wins-world-food-prize>

WARM-UPS

1. FOOD: Students walk around the class and talk to other students about food. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

nutrition / expert / innovative / pioneering / fish / diets / low income / chutney / key / scientists / quality / value / malnutrition / species / vitamins / minerals / inspire

Have a chat about the topics you liked. Change topics and partners frequently.

3. MEAT: Students A **strongly** believe people should eat less meat and more fish; Students B **strongly** believe people should eat more meat. Change partners again and talk about your conversations.

4. NUTRITION: What nutritional value do these foods have? How much of them do you eat? Complete this table with your partner(s). Change partners often and share what you wrote.

	Nutritional Value	How Much You Eat
Fish		
Fried chicken		
Hamburger		
Avocado		
Eggs		
Bread		

5. INNOVATIVE: Spend one minute writing down all of the different words you associate with the word "innovative". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. DIETS: Rank these with your partner. Put the best diets at the top. Change partners often and share your rankings.

- Meat
- Fish
- Fruit
- Vegan
- Lacto-ovo vegetarian
- Pollo vegetarian
- Mediterranean diet
- Low-carb diet

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. nutrition | a. Of vital or crucial importance. |
| 2. innovative | b. The process of providing or obtaining the food necessary for health and growth. |
| 3. coveted | c. Praised formally or officially. |
| 4. incorporate | d. Featuring new methods; advanced and original. |
| 5. commended | e. Take in or contain (something) as part of a whole; include. |
| 6. raised | f. Having a quality that makes people really want something. |
| 7. key | g. Brought up (a child); bred or grown (animals or plants). |

Paragraph 2

- | | |
|------------------|---|
| 8. laureate | h. A person who is honored with an award for outstanding creative or intellectual achievement. |
| 9. recipient | i. Having or involving several parts, elements, or members. |
| 10. appreciated | j. A person or thing that receives or is awarded something. |
| 11. malnutrition | k. A group of living organisms consisting of similar individuals capable of exchanging genes or breeding with each other. |
| 12. composition | l. Recognized the full worth of something or someone. |
| 13. species | m. Lack of proper nutrition, caused by not having enough to eat. |
| 14. multiple | n. The way in which a whole or mixture is made up. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2105/210514-world-food-prize.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The World Food Prize was awarded for pioneering innovative methods. **T / F**
2. The prizewinner asked people in rich nations to eat fish and not meat. **T / F**
3. The U.S. Secretary of State praised the prizewinner for her work. **T / F**
4. The Secretary of State said people are now eating fish in porridge. **T / F**
5. The World Food Prize was created by a top-ranked chef. **T / F**
6. The winner of the prize grew up in the Caribbean island of Jamaica. **T / F**
7. The recipient of the prize once suffered from malnutrition. **T / F**
8. The prizewinner hopes more women will conduct research like hers. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. awarded | a. acknowledge |
| 2. innovative | b. include |
| 3. incorporate | c. motivate |
| 4. commended | d. valued |
| 5. key | e. praised |
| 6. recognise | f. makeup |
| 7. appreciated | g. given |
| 8. conduct | h. essential |
| 9. composition | i. do |
| 10. inspire | j. groundbreaking |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|----------------------------|
| 1. The World Food Prize has been awarded | a. on malnutrition |
| 2. pioneering new methods | b. out how |
| 3. He said she figured | c. in the fish |
| 4. millions of low- | d. availability of food |
| 5. The key nutrients | e. of raising fish |
| 6. created by a Nobel Peace Prize | f. in developing countries |
| 7. scientists who improved the quality and | g. to a nutrition expert |
| 8. She went on to conduct research | h. in multiple vitamins |
| 9. extremely rich | i. income families |
| 10. inspire more women | j. laureate in 1986 |

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2105/210514-world-food-prize.html>

1. How old is the recipient of the winner of the World Food Prize?
2. Where did the prizewinner incorporate fish into people's diets?
3. How did the U.S. Secretary of State react to the prizewinner?
4. Who can now eat low-income fish regularly?
5. For how long did a Secretary of State say fish would protect children?
6. When was the World Food Prize created?
7. How much does the winner of the World Food Prize get?
8. Where did the prizewinner conduct research on malnutrition?
9. What did the prizewinner say the small fish were rich in?
10. Who does the prizewinner hope she inspires?

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2105/210514-world-food-prize.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'fish' and 'expert'.

fish	expert

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• awarded• methods• incorporate• work• low• key	<ul style="list-style-type: none">• created• quality• grew• went• small• continue
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FOOD DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'fish'?
3. What do you think of the World Food Prize?
4. What should people get the World Food Prize for?
5. How important are fish?
6. Should we all switch from eating meat to eating fish?
7. How good is eating fish for us?
8. How nutritious is the food you eat every day?
9. What could you do to improve your nutrition?
10. Should we go fishing to catch our own dinner?

World Food Prize awarded to fish expert – 14th May, 2021
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FOOD DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'nutrition'?
13. What do you think about what you read?
14. What are the biggest issues concerning food?
15. What are the healthiest kinds of diets?
16. Is the quality of the food we eat getting better?
17. Where do you get most of your vitamins and minerals from?
18. How inspirational is Dr Thilsted?
19. What would it be like to conduct research on nutrition?
20. What questions would you like to ask Dr Thilsted?