

## Chocolate news

**Read the article and take note of the key words.**

Scientists have found that chocolate need no longer be a guilty pleasure. New research by the University of Aberdeen has found that eating up to two bars a day appears to protect against heart disease and stroke.

The study of 25,000 men and women in Norfolk compared people who ate chocolate to those who didn't. Those with a higher intake were found to have an 11 per cent lesser risk of cardiovascular disease and a 25 per cent reduced risk of associated death.

One in five said they did not eat any chocolate, but among the others, daily consumption averaged 7g, with some eating up to 100g a day.

Although dark chocolate has long been known to have health benefits – such as being full of antioxidants which help to slow the signs of ageing – researchers say there is no evidence to prove that chocolate actually makes you healthier.

Those who ate the most also tended to be younger, have a lower weight, waist to hip ratio, and blood pressure, and were less likely to have diabetes and more likely to carry out regular physical activity – all of which add up to a favourable cardiovascular disease risk profile.

Eating more chocolate was also associated with higher energy intake and a diet containing more fat and carbohydrates and less protein and alcohol.

Source: <http://www.newsinlevels.com/products/chocolate-news-level-3/>

**Match the words with their meanings.**

### Key words

### Meanings

guilty pleasure	relating to the heart and blood vessels – the body's tubes for blood
intake	something you really want to have that isn't good for you
cardiovascular	a short description of someone
favourable	the amount of food that you eat
profile	good

**Answer the questions below.**

Comprehension Questions

1. What have scientists found about chocolate?
2. Is there an evidence that proves eating chocolate makes people healthier?
3. What are the health benefits of eating chocolate?
4. Do you think chocolate has health benefits? Why or why not?

## Discussion Questions

1. Does eating chocolate change our feelings?
2. Do you think people should avoid eating all sweets?
3. How much chocolate should children eat?
4. Is it more important to be very healthy or to enjoy yourself?
5. Is it ok to eat chocolate for breakfast?
6. Can you be healthy and still eat a lot of sweets?

## Express yourself

Debate on this issue: **Should chocolate milk be served in schools?**

### Ex: Affirmative response

I think they should allow chocolate milk because it tastes good and is good for you. Everyone likes chocolate milk, people have liked it for a long time so I think you should keep chocolate milk. So I think people should allow chocolate milk at schools! So I say yes.

### Ex: Negative response

Flavored milk has more sugar than a whole grain chocolate chip cookie, and the same amount as an equivalent serving of cola, it also has more calories, fat and sodium. Sugar-sweetened beverages are linked to obesity and chronic disease. One month's worth of milk is enough to fill a bathtub, let alone your stomach. It should be banned.

