

HEALTH: NEWS ARTICLE 1

 *Listen and fill in the blanks.*

_____ Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate- _____ of almost 20,000 people. They compared how much chocolate was in _____ of heart attacks and strokes people had. Lead researcher Brian Buijsse said: “The good news is that chocolate _____ used to think, and may even _____ disease and stroke.” Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: “Dark chocolate _____, milk chocolate fewer, and white chocolate no effects,” he said.

The German study showed that _____ chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke _____ 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols _____. Flavonols also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has



more cocoa) _____ than milk chocolate (which has more fat). Buijsse warns people _____ lots of chocolate: “Eating higher amounts will most likely result in weight gain. If people start _____ chocolate, it should replace something else, preferably other high-calorie sweets or snacks.”

Vocabulary

Give the synonyms of the following words:

1. exhibits
2. preferably
3. reduced
4. extensive
5. risks

Discussions

1. Give the summary of the article.
2. How long was the research conducted?
3. What kind of chocolate is the healthiest to eat?
4. What are the benefits that we can get from eating chocolate?
5. What is that natural compound found in chocolates that is good for the heart?
6. What do you think of this research?
7. Do you prefer dark, milk or white chocolate? Why?
8. Do you think its Okay to give chocolates to children? Why or Why not?
9. What's your favorite chocolate dessert?
10. What are some of the disadvantages of eating chocolates?

Teacher's Guide

A study carried out in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their diet to the number of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate is not as bad as we used to think, and may even lower the risk of heart disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate exhibits the greatest effects, milk chocolate fewer, and white chocolate no effects," he said.

The German study showed that people who ate the most chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as much as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols are good for our heart. Flavonols also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Buijsse warns people not to suddenly eat lots of chocolate: "Eating higher amounts will most likely result in weight gain. If people start eating small amounts of chocolate, it should replace something else, preferably other high-calorie sweets or snacks."

Answer Key

1. show
2. if possible
3. cut
4. volume
5. experiencing

HEALTH: NEWS ARTICLE 2

 *Listen and fill in the blanks.*

Scientists in the USA have found that singing _____ their speech difficulties. Doctors at two different medical schools said they _____ getting patients to sing words instead of speak them. The treatment is called Music Intonation Therapy (MIT). One of the researchers, Gottfried Schlaug, _____ success story. He howed a video of someone who had a stroke _____ the words of a birthday song. The person could only repeat the letters N and O. When Dr Schlaug _____ song, the words “happy birthday to you” came out. Schlaug said: “This patient has meaningless utterances when we ask him to say the words but as soon as we asked him to sing, _____ the words.”

The research team _____ MIT works. Dr Schlaug has one theory. He points out that the brain processes music in a different part from _____ speech but that there are areas of overlap. “Music-making is a multisensory experience that simultaneously activates several systems in the brain _____ them together. It engages many regions of the brain,” he said. MIT treatment is a



very long process. It _____ 16 years and requires hourly sessions five days a week. The good news _____ therapy are usually permanent. Two thirds of patients who tried MIT with Dr Schlaug reported _____ words. MIT could potentially help up to 70,000 stroke victims in the USA alone.

Vocabulary

Give the synonyms of the following words:

1. utterances
2. engages
3. potentially
4. links
5. difficulties

Discussions

1. What is the name of the treatment that let patients sing words instead of speaking them?
2. What is the process of MIT (Music Intonation Therapy) treatment?
3. What do you think of the 16 year treatment time?
4. How many patients could MIT could help in the USA?
5. State the example of a success story from Gottfried Schlaug.
6. What do you think of MIT? Do you think its really effective?
7. What happens to people when they have a stroke?
8. What would life be like if you couldn't speak?>
9. Do you agree that music is a multi sensory experience?
10. What's the difference between a stroke and a heart attack?

Teacher's Guide

Scientists in the USA have found that singing helps stroke victims with their speech difficulties. Doctors at two different medical schools said they had great success with getting patients to sing words instead of speak them. The treatment is called Music Intonation Therapy (MIT). One of the researchers, Gottfried Schlaug, gave an example of a success story. He showed a video of someone who had a stroke who could not speak the words of a birthday song. The person could only repeat the letters N and O. When Dr Schlaug asked him to sing the song, the words “happy birthday to you” came out. Schlaug said: “This patient has meaningless utterances when we ask him to say the words but as soon as we asked him to sing, he was able to speak the words.”

The research team is still unclear why MIT works. Dr Schlaug has one theory. He points out that the brain processes music in a different part from that which deals with speech but that there are areas of overlap. “Music-making is a multisensory experience that simultaneously activates several systems in the brain and links and loops them together. It engages many regions of the brain,” he said. MIT treatment is a very long process. It can last for up to 16 years and requires hourly sessions five days a week. The good news is the benefits of the therapy are usually permanent. Two thirds of patients who tried MIT with Dr Schlaug reported they could say more words. MIT could potentially help up to 70,000 stroke victims in the USA alone.

Answer Key

1. words
2. uses
3. possibly
4. connects
5. problems

HEALTH: NEWS ARTICLE 3

 *Listen and fill in the blanks.*

Leaving your children with their grandparents _____ little ones' health. This is according to new research in the 'International Journal of Obesity'. The British study showed that children _____ by their grandparents tend to be more overweight. Researchers looked at _____ between the ages of nine months and three years. Their data showed that grandparents increased _____ in the children by as much as 34 per cent. Kids who are looked after by their parents or who go to nurseries _____ weight problems. The research also showed that children of richer parents _____, especially if the mother had a management position and/or a university education.

This research _____ rate of obesity in Britain. Almost a quarter of pre-schoolers are overweight or obese. These new statistics should send an important message to grandparents - stop filling your grandchildren with _____. We all know how our grandparents like to spoil us. It is the same all over the world. The research did _____ young children are more at risk of obesity with their grandparents. However, there are several possible reasons. One is that older people might _____ proper nutrition and so give their grandchildren unhealthy food. Another _____ older people are less active and might not play with the children. It might also be that British _____ becoming less active.



Vocabulary

Give the synonyms of the following words:

1. tend to
2. toddlers
3. nurseries
4. in general
5. active

Discussions

1. What do you think of the research in this article?
2. What is the percentage of preschoolers who are overweight?
3. Enumerate some of the possible reasons why young children are more at risk of obesity with their grandparents.
4. How important are grandparents in your country?
5. In what ways do you think grandparents might be harmful to their grandchildren health?
6. Why do you think children from richer families are more at risk of obesity?
7. Why might a child be more at risk of becoming obese if his or her mother has a university education?
8. Do you agree or disagree that older people know less about nutrition?
9. Is obesity a problem in your country?
10. What are some of the possible ways to reduce obesity?

Teacher's Guide

Leaving your children with their grandparents may be bad for the little ones' health. This is according to new research in the 'International Journal of Obesity'. The British study showed that children who are looked after by their grandparents tend to be more overweight. Researchers looked at over 12,000 toddlers between the ages of nine months and three years. Their data showed that grandparents increased the risk of obesity in the children by as much as 34 per cent. Kids who are looked after by their parents or who go to nurseries had no similar risk of weight problems. The research also showed that children of richer parents were more at risk, especially if the mother had a management position and/or a university education.

This research could help reduce the rate of obesity in Britain. Almost a quarter of preschoolers are overweight or obese. These new statistics should send an important message to grandparents - stop filling your grandchildren with snacks and sugary treats. We all know how our grandparents like to spoil us. It is the same all over the world. The research did not look into why young children are more at risk of obesity with their grandparents. However, there are several possible reasons. One is that older people might be less aware of proper nutrition and so give their grandchildren unhealthy food. Another possible cause is that older people are less active and might not play with the children. It might also be that British people in general are becoming less active.

Answer Key

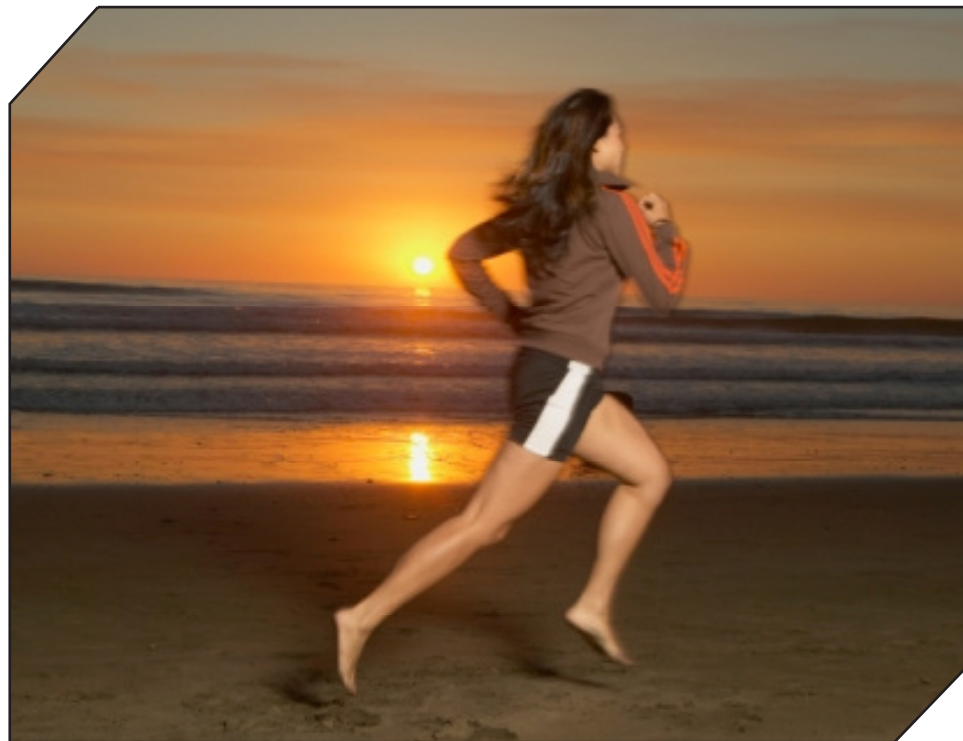
1. tend to - (be) more likely to
2. toddlers - pre-school kids
3. nurseries - kindergartens
4. in general - broadly speaking
5. active - dynamic

HEALTH: NEWS ARTICLE 4

 *Listen and fill in the blanks.*

Jogging barefoot might _____ than running in jogging shoes. This is the conclusion of new research from scientists at Glasgow University in Scotland. In fact, researchers say running with jogging shoes may actually _____ bodies. The research team found that 75 per cent of the joggers in their study experienced something called 'heel strike'. This is _____ the ground too hard and shock our skeleton. This happens around 1,000 _____ 1.5km we run. The scientists say running barefoot is more natural. People who run without shoes do not land on their heels _____ sending shock waves throughout their body. Barefoot runners may _____ injury than those who wear running shoes.

The research helps explain why many long-distance runners _____ barefoot. The scientists say jogging shoes actually get in the way of millions of years of evolution: "Humans _____ endurance running for millions of years, but the modern running shoe was _____ the 1970s." They added: "For most of human history, runners were either barefoot _____ footwear such as



sandals...with...little cushioning." Barefoot running is common in many parts of the world, especially Africa. The most famous barefoot runner is South Africa's Zola Budd, _____ shoes in the 1984 Olympics. Dr Daniel Lieberman from Harvard University warns people to start slowly if they take up running.

Vocabulary

Give the synonyms of the following words:

1. cushioning
2. throughout
3. harmful
4. take up
5. conclusion

Discussions

1. What do you mean by “heel strike”?
2. Do you think jogging barefoot is better than with running shoes?
3. Do you believe running with jogging shoes is harmful to our bodies?
4. What do you think of long distance running?
5. Do you think evolution designed us to run barefoot?
6. Would you be able to run fast without running shoes?
7. What would you think if schools banned running shoes in sports classes?
8. Why do people like running?
9. What are the benefits of jogging regularly?
10. Would you throw away your running shoes after reading this article?

Teacher's Guide

Jogging barefoot might be better for you than running in jogging shoes. This is the conclusion of new research from scientists at Glasgow University in Scotland. In fact, researchers say running with jogging shoes may actually be harmful to our bodies. The research team found that 75 per cent of the joggers in their study experienced something called 'heel strike'. This is when our heels hit the ground too hard and shock our skeleton. This happens around 1,000 times for every 1.5km we run. The scientists say running barefoot is more natural. People who run without shoes do not land on their heels and this avoid sending shock waves throughout their body. Barefoot runners may be at less risk of injury than those who wear running shoes.

The research helps explain why many long-distance runners run so well barefoot. The scientists say jogging shoes actually get in the way of millions of years of evolution: "Humans have engaged in endurance running for millions of years, but the modern running shoe was not invented until the 1970s." They added: "For most of human history, runners were either barefoot or wore minimal footwear such as sandals...with...little cushioning." Barefoot running is common in many parts of the world, especially Africa. The most famous barefoot runner is South Africa's Zola Budd, who ran without shoes in the 1984 Olympics. Dr Daniel Lieberman from Harvard University warns people to start slowly if they take up running barefoot to avoid injury.

Answer Key

1. cushioning - padding
2. throughout - all over
3. harmful -damaging
4. take up - start
5. conclusion - findings

HEALTH: NEWS ARTICLE 5

 *Listen and fill in the blanks.*

Scientists in England believe _____ bed after you wake up may be healthier for you. Their research suggests that the dust mites that live in our mattresses _____ unmade beds. This _____ people with asthma. The research team, from Kingston University, said the tiny bugs could only survive in sheets and mattresses that _____ - they live off the moisture and sweat from our bodies. If a bed is unmade, air circulates between the sheets and dries them out. Dry sheets means the creatures will die from dehydration - _____. The researchers said that the average bed contained around 1.5 million mites. They are less than a millimetre long and they _____ of skin that fall from your body.

Lead researcher Dr Stephen Pretlove said his research _____ of money spent on treating illnesses that are caused by mites. We breathe _____ by bed bugs or get bitten by them. These can lead to asthma and other health problems. The British health service _____ \$1 billion a year treating illnesses caused by mites. Dr. Pretlove believes his research _____ our houses are designed. "Our



findings could help building designers create healthy homes and healthcare workers point out environments _____ mites, he said. Allergy expert Professor Andrew Wardlaw agreed, saying: "It would _____ were found to modify the home so that mite [numbers] were reduced.

Vocabulary

Give the synonyms of the following words:

1. modify
2. circulates
3. lead to
4. messy
5. slightly

Discussions

1. What do you think of possibility there might be 1.5 million bed bugs in your bed?
2. What would happen to all the flakes of skin if there weren't bed bugs?
3. Why does our skin fall off?
4. What is your bed making routine?
5. How important is a good bed to you?
6. Are there things in your house that could make you ill?
7. What do you think of bed bugs causing \$1 billion of health problems?
8. What would you do if you see the bed bugs in your bed?
9. Do you think your house was designed with health in mind?
10. Have you ever been ill from an insect bite?

Teacher's Guide

Scientists in England believe that not tidying your bed after you wake up may be healthier for you. Their research suggests that the dust mites that live in our mattresses do not like messy and unmade beds. This could be good news for people with asthma. The research team, from Kingston University, said the tiny bugs could only survive in sheets and mattresses that were slightly damp - they live off the moisture and sweat from our bodies. If a bed is unmade, air circulates between the sheets and dries them out. Dry sheets means the creatures will die from dehydration - a lack of water. The researchers said that the average bed contained around 1.5 million mites. They are less than a millimetre long and they feed on the flakes of skin that fall from your body.

Lead researcher Dr Stephen Pretlove said his research could cut amount of money spent on treating illnesses that are caused by mites. We breathe in the waste produced by bed bugs or get bitten by them. These can lead to asthma and other health problems. The British health service currently spends over \$1 billion a year treating illnesses caused by mites. Dr Pretlove believes his research could change the way our houses are designed. "Our findings could help building designers create healthy homes and healthcare workers point out environments most at risk from mites, he said. Allergy expert Professor Andrew Wardlaw agreed, saying: "It would be good if ways were found to modify the home so that mite [numbers] were reduced.

Answer Key

1. modify - change
2. circulates - moves around
3. lead to - cause
4. messy - untidy
5. slightly - a little bit

HEALTH: NEWS ARTICLE 6

 *Listen and fill in the blanks.*

A Belgian man who was wrongly _____ a coma for 23 years has said he feels reborn. Rom Houben, 46, was badly injured in a car accident in 1983. He was just 20 years old. The _____ paralyzed that doctors thought he was in a coma. For the next 23 years he was _____ own body. He could not tell doctors that he was able to communicate _____. Mr. Houben could hear everything that went on around him. He was able to understand that everyone thought he was in a permanent coma. He said he felt “alone, lonely, frustrated”. A _____ found Mr. Houben had a condition called “locked-in syndrome”. This is where people cannot speak or _____ and understand the world around them.

Rom Houben typed his thoughts _____ the past two-and-a-half decades on a special keyboard. “It was especially frustrating when my family needed me. I could _____ sorrow,” he wrote. He added: “Just imagine. You hear, see, feel and think but no one can see that... You cannot _____....I will never forget the day they finally discovered what was



wrong. It was my second birth.” He described his pain _____ communicate: “I would scream, but no sound would come out.” Rom was in good humour in a press conference. He cracked a joke and explained he looked _____ because of a cold: “You catch me at a bad moment, I have looked better,” he typed. Doctors _____ can find more people like Rom Houben.

Vocabulary

Give the synonyms of the following words:

1. injured
2. frustrated
3. sorrow
4. under the weather
5. moment

Discussions

1. What three adjectives would you use to describe this story?
2. What kind of life do you think Rom had in his 23 years of silence?
3. What do you think Rom wants to do now?
4. How do you think people cope with paralysis?
5. Are people who are paralyzed well cared in your country?
6. Have you ever had a bad accident?
7. What things would you miss most if you couldn't participate in life?
8. When was the last time you were under the weather?
9. How do you cope loneliness?
10. What are the things you usually do to keep your body healthy?

Teacher's Guide

A Belgian man who was wrongly believed to be in a coma for 23 years has said he feels reborn. Rom Houben, 46, was badly injured in a car accident in 1983. He was just 20 years old. The crash left him so paralysed that doctors thought he was in a coma. For the next 23 years he was trapped inside his own body. He could not tell doctors that he was able to communicate and he was awake. Mr. Houben could hear everything that went on around him. He was able to understand that everyone thought he was in a permanent coma. He said he felt “alone, lonely, frustrated”. A new type of brain scan found Mr. Houben had a condition called “locked-in syndrome”. This is where people cannot speak or move but can think and understand the world around them.

Rom Houben typed his thoughts about the horror of the past two-and-a-half decades on a special keyboard. “It was especially frustrating when my family needed me. I could not share in their sorrow,” he wrote. He added: “Just imagine. You hear, see, feel and think but no one can see that...You cannot participate in life...I will never forget the day they finally discovered what was wrong. It was my second birth.” He described his pain at being unable to communicate: “I would scream, but no sound would come out.” Rom was in good humour in a press conference. He cracked a joke and explained he looked under the weather because of a cold: “You catch me at a bad moment, I have looked better,” he typed. Doctors now hope that they can find more people like Rom Houben.

Answer Key

1. injured - hurt
2. frustrated - upset
3. sorrow - sadness
4. under the weather - ill
5. moment - time

HEALTH: NEWS ARTICLE 7

 *Listen and fill in the blanks.*

Drinking wine _____ teeth. That's the conclusion of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers _____ eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel _____ teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will _____ someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel _____. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers previously thought red wine _____ teeth.

The research _____ in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the limits of this study, it can be predicted that _____ of white wines might lead to severe dental erosion." The researchers did have some good news for wine lovers. They said food _____ can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or _____



drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can _____ amount of erosion wine causes. Less frequent sips and swallowing the wine a little more quickly _____ teeth.

Vocabulary

Give the synonyms of the following words:

1. predicted
2. beneficial
3. damage
4. factors
5. stain

Discussions

1. Are you surprised at what you read in this article?
2. Why do you think scientist have taken so long to find this out?
3. Do you think this article will reduce wine sales?
4. What do you think dental care will be like in 100 years?
5. Do you think cheese is a good dessert?
6. How often do you visit your dentist?
7. What do you eat or drink that is bad for your teeth?
8. Would you stop drinking or eating things that are bad for your teeth?
9. In what way you would like your teeth to be better?
10. How would you feel if you had to wear dentures (false teeth)?

Teacher's Guide

Drinking wine can damage your teeth. That's the conclusion of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the effects of eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel that protects our teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will stain quicker if someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel and wears it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers previously thought red wine was worse for your teeth.

The research has been published in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the limits of this study, it can be predicted that frequent consumption of white wines might lead to severe dental erosion." The researchers did have some good news for wine lovers. They said food that is rich in calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in combination with drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can also help reduce the amount of erosion wine causes. Less frequent sips and swallowing the wine a little more quickly can help save your teeth.

Answer Key

1. predicted - forecast
2. beneficial - helpful
3. damage - harm
4. factors - points
5. stain - discolor

HEALTH: NEWS ARTICLE 8

 *Listen and fill in the blanks.*

People who follow a Mediterranean diet _____ happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's authors say a diet _____ vegetables, fruits, nuts, whole grains and fish seems to make people less likely to develop depression. This _____ people who live in Mediterranean countries are _____ than other Europeans. There are fewer mental disorders in Mediterranean countries and scientists believe _____ because of the diet. The new research supports previous studies that suggested olive _____ depression. No Italian, Spanish or Greek meal is complete without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 _____ track of what they ate. The scientists _____ habits and instances of depression for four years. They discovered there was a thirty per cent _____ developing depression in people who stuck to the Mediterranean diet. The research team says _____ why this diet reduces the likelihood of depression. They said the diet could _____ performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart perform better. If our mind _____ and body are healthier, it _____ will be happier.



Vocabulary

Give the synonyms of the following words:

1. published
2. laid back
3. keep track of
4. dietary
5. boost

Discussions

1. What is the reason why people who live in Mediterranean countries are more laid back than in Europe?
2. What ingredient protects against depression?
3. What does Mediterranean diet do?
4. Do you think there is a link between food and happiness?
5. What do you know about depression?
6. Do you think the kind of food you eat can lead to depression?
7. Have you ever followed a diet? How would you describe your current diet?
8. What food do you eat when you are unhappy? Is this healthy?
9. How does the food you eat change your feelings?
10. How do you make your heart and brain perform better?

Teacher's Guide

People who follow a Mediterranean diet are likely to be happier in life. This is the conclusion of a new report published in the journal 'Archives of General Psychiatry'. The study's authors say a diet that is rich in vegetables, fruits, nuts, whole grains and fish seems to make people less likely to develop depression. This may explain why people who live in Mediterranean countries are more laid back than other Europeans. There are fewer mental disorders in Mediterranean countries and scientists believe this could be because of the diet. The new research supports previous studies that suggested olive oil protects against depression. No Italian, Spanish or Greek meal is complete without olive oil.

Researchers from Spain's University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona asked 10,000 people to keep track of what they ate. The scientists observed dietary habits and instances of depression for four years. They discovered there was a thirty percent lower risk of developing depression in people who stuck to the Mediterranean diet. The research team says it is still unsure why this diet reduces the likelihood of depression. They said the diet could boost blood vessel performance and increase the body's efficiency to produce oxygen. Both these things make the brain and heart perform better. If our mind and body are healthier, it seems natural we will be happier.

Answer Key

1. published - printed
2. laid back - relaxed
3. keep track of - note down
4. dietary - eating
5. boost - improve

HEALTH: NEWS ARTICLE 9

 *Listen and fill in the blanks.*

Women who breastfeed could _____ having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes _____ blood pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, _____, about their breastfeeding history. They found that mothers who had breastfed for more than a year were _____ likely to suffer from heart attacks and strokes. The team also found that breastfeeding _____ benefited a mother's long-term health. Breast milk also protects the baby against obesity, diabetes, asthma _____ immunity and intelligence.

Researcher Dr. Eleanor Schwarz said: "Heart disease _____ of death for women, so it is vitally important for us to know what we can do to protect ourselves." She explained her study _____ mothers to breastfeed, and so keep mother and child healthier. "We've _____ breastfeeding is important for babies' health. Now we know that it is important for mothers' health as well," she said. Dr Schwartz noted that breastfeeding helped a woman's body _____ birth. She said: "Breastfeeding _____ of the way women's bodies recover from pregnancy. When this process is interrupted, women are _____ a number of health problems."



Vocabulary

Give the synonyms of the following words:

1. vitally
2. recover
3. surveyed
4. leading
5. a number of

Discussions

1. How important is breastfeeding?
2. Do you think women who do not breastfeed are irresponsible?
3. What do you think of women who don't breastfeed because they're worried about the shape of their body?
4. Do you think the study will change anything?
5. What can we do to lower our chances of having the heart disease?
6. Do you think a mother could harm her body by not breastfeeding?
7. What do you think of babies being fed milk powder or formula?
8. Do you think breastfeeding is inconvenient?
9. What other things do mothers need to do to make sure both they and their baby are healthy?
10. Do you think governments do enough to encourage mothers to breastfeed?

Teacher's Guide

Women who breastfeed could lower their risk of having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes and of having high blood pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, all in their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were up to 20 per cent less likely to suffer from heart attacks and strokes. The team also found that breastfeeding for just a month benefited a mother's long-term health. Breast milk also protects the baby against obesity, diabetes, asthma and increases a baby's immunity and intelligence.

Researcher Dr. Eleanor Schwarz said: "Heart disease is the leading cause of death for women, so it is vitally important for us to know what we can do to protect ourselves." She explained her study could encourage more mothers to breastfeed, and so keep mother and child healthier. "We've known for years that breastfeeding is important for babies' health. Now we know that it is important for mothers' health as well," she said. Dr. Schwartz noted that breastfeeding helped a woman's body to recover after giving birth. She said: "Breastfeeding is an important part of the way women's bodies recover from pregnancy. When this process is interrupted, women are more likely to have a number of health problems."

Answer Key

1. vitally
2. recover
3. surveyed
4. leading
5. a number of

HEALTH: NEWS ARTICLE 10

 *Listen and fill in the blanks.*

A decade-long study in the United Kingdom _____ cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier _____ includes meat. This latest research is one of the biggest studies to compare cancers in vegetarians and non-vegetarians. The researchers _____ of 63,550 men and women _____ and 89. They separated people into different groups - meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly lower” number of _____ fish-eaters and vegetarians compared with those who ate meat. The study suggests being vegetarian _____ against cancer.

The findings of the research have been published in the March 2009 _____ ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study _____ research to look at the link between diet and cancer. “It suggests there _____ reduction in cancers in vegetarians and fish-eaters and we need to look carefully at that,” he said. Vegetarianism is on the increase around the world. People are becoming more and _____ and are eating less meat, or cutting it out altogether. Some people choose a strict vegetarian diet _____ animal products. This means no _____ honey. Less strict vegetarians eat eggs and fish.



Vocabulary

Give the synonyms of the following words:

1. excludes
2. tracked
3. decade
4. conscious
5. altogether

Discussions

1. What do you think of vegetarianism?
2. Do you think eating meat is unhealthy?
3. Do you think the environment would be in a better condition if we were all vegetarians?
4. Some say eating meat makes people more violent. Do you agree?
5. Why do you think it has taken so long to do a major study on cancer and diet?
6. Are strict vegetarians healthier than vegetarians who eat dairy products and honey?
7. What effects would vegetarianism have on your country's health?
8. Should fast food restaurants offer more vegetarian choices?
9. Are vegetarians you know happier and healthier?
10. Would you change your diet to avoid being ill?

Teacher's Guide

A decade-long study in the United Kingdom has found that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that includes meat. This latest research is one of the biggest studies to compare cancers in vegetarians and non-vegetarians. The researchers tracked the health of 63,550 men and women aged between 20 and 89. They separated people into different groups - meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly lower” number of cancers among the fish-eaters and vegetarians compared with those who ate meat. The study suggests being vegetarian could protect people against cancer.

The findings of the research have been published in the March 2009 edition of the ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study was the first major research to look at the link between diet and cancer. “It suggests there might be some reduction in cancers in vegetarians and fish-eaters and we need to look carefully at that,” he said. Vegetarianism is on the increase around the world. People are becoming more and more health conscious and are eating less meat, or cutting it out altogether. Some people choose a strict vegetarian diet that excludes all animal products. This means no dairy products or honey. Less strict vegetarians eat eggs and fish.

Answer Key

1. excludes - rules out
2. tracked - followed
3. decade - ten years
4. conscious - aware
5. altogether - completely