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Level 2 – 5th February, 2020

Soybean products may help you live longer

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<https://breakingnewsenglish.com/2002/200205-soybeans-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2002/200205-soybeans-2.html>

Why do Japanese people live longer than the rest of us? One reason might be soybean products like tofu and miso. Scientists from Japan's National Institute of Health and Nutrition did a study into the health benefits of soybean products. They said people who regularly ate tofu and miso were 10 per cent less likely to die from diseases than people who ate no soybean products. Eating soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems. Eating fermented soy products lowered the risk of death.

Soybeans are superfoods. They are rich in protein, fibre, minerals and unsaturated fats. Soy fibre helps to lower cholesterol and reduce weight. Soy is an important part of the cuisine of Asia, especially Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Miso is high in salt. Researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming popular around the world.

Sources: <https://www.bmj.com/content/bmj/368/bmj.m247.full.pdf>
<https://food.ndtv.com/news/higher-consumption-of-fermented-soy-products-linked-to-lower-mortality-risk-says-study-2172124>
<https://medicalxpress.com/news/2020-01-fermented-soy-products-linked-death.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2002/200205-soybeans-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------|------------------------|
| 1. live longer than the | a. likely to die |
| 2. soybean products | b. soy products |
| 3. the health benefits | c. like tofu |
| 4. 10 per cent less | d. of death |
| 5. cut the risk of death | e. of soybean products |
| 6. cardiovascular | f. from heart attacks |
| 7. Eating fermented | g. rest of us |
| 8. lowered the risk | h. problems |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. They are rich | a. pressure |
| 2. unsaturated | b. of soy products |
| 3. The most common types | c. in protein |
| 4. a fermented soybean paste | d. around the world |
| 5. Miso is high | e. at risk |
| 6. put people | f. added to soups |
| 7. high blood | g. in salt |
| 8. becoming popular | h. fats |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2002/200205-soybeans-2.html>

Why do Japanese people live longer than (1) _____ us? One (2) _____ soybean products like tofu and miso. Scientists from Japan's National Institute of Health and Nutrition did a study into (3) _____ of soybean products. They said people who regularly ate tofu and miso were 10 per cent (4) _____ die from diseases than people who ate no soybean products. Eating soybean-based food cut the risk of death from heart attacks, (5) _____ cardiovascular problems. Eating fermented soy products lowered the (6) _____.

Soybeans are superfoods. They are (7) _____, fibre, minerals and unsaturated fats. Soy fibre helps to lower cholesterol (8) _____. Soy is an important part of the cuisine of Asia, especially Japan. People in Asia have eaten soy since ancient times. The (9) _____ of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean (10) _____ soups) and soy sauce. Miso is high in salt. Researchers said salt in miso does not put people at risk of (11) _____. Soybean products are becoming (12) _____ world.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200205-soybeans-2.html>

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SOYBEANS SURVEY

From <https://breakingnewsenglish.com/2002/200205-soybeans-4.html>

Write five GOOD questions about soybeans in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2022/202205-soybeans-2.html>

Write about **soybeans** for 10 minutes. Read and talk about your partner's paper.
