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Level 5

Dietary supplements could be bad for you

1st August, 2016

<http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-5.html>

Millions of people take dietary supplements in the belief that they boost health. New research casts doubt on these pills and tablets. The American organisation Consumer Reports (CR) found serious health risks from vitamins, probiotics, and weight loss pills. CR said the biggest problem is that supplements are largely unregulated. Medicinal drugs have to be tested for safety and effectiveness, but supplements need much less government approval. This means consumers are in the dark regarding the ingredients of the supplements and how the body reacts to them.

Lisa Gill from CR said the report showed the dangers of supplements. She said they could cause liver and kidney failure, kidney transplants, and heart problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true." She urged people to avoid 15 ingredients in supplements, including red yeast and caffeine powder. She warned: "There have been deaths associated with each of these." She told people to see a doctor or pharmacist before taking supplements. She said: "Treat it like a medication....It's really about your health."

Sources: <http://boston.cbslocal.com/2016/07/29/new-report-finds-serious-health-risks-from-taking-dietary-supplements/>
<http://www.cbsnews.com/news/dietary-supplements-health-risks-consumer-reports-15-ingredients-to-avoid/>
<http://www.consumerreports.org/vitamins-supplements/supplements-can-make-you-sick/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|------------------------|
| 1. research casts doubt | a. unregulated |
| 2. serious health | b. of the supplements |
| 3. weight | c. on these pills |
| 4. supplements are largely | d. reacts to them |
| 5. supplements need much less | e. loss pills |
| 6. This means consumers are in | f. risks |
| 7. the ingredients | g. the dark |
| 8. how the body | h. government approval |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-------------------------|
| 1. the report showed the dangers | a. avoid 15 ingredients |
| 2. they could cause liver and | b. or pharmacist |
| 3. kidney | c. of supplements |
| 4. but that's not | d. medication |
| 5. She urged people to | e. necessarily true |
| 6. There have been deaths associated | f. transplants |
| 7. She told people to see a doctor | g. with each of these |
| 8. Treat it like a | h. kidney failure |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-5.html>

Millions (1) _____ dietary supplements in the belief that they boost health. New research (2) _____ these pills and tablets. The American organisation Consumer Reports (CR) found serious health (3) _____, probiotics, and weight loss pills. CR said the biggest problem is that supplements (4) _____. Medicinal drugs have (5) _____ safety and effectiveness, but supplements need much less government approval. This means consumers are in the dark regarding the ingredients of the supplements and how (6) _____ them.

Lisa Gill from CR said the report (7) _____ of supplements. She said they could cause liver (8) _____, kidney transplants, and heart problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's (9) _____." She urged (10) _____ 15 ingredients in supplements, including red yeast and caffeine powder. She warned: "There have been deaths (11) _____ of these." She told people to see a doctor or pharmacist before taking supplements. She said: "Treat (12) _____....It's really about your health."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-5.html>

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DIETARY SUPPLEMENTS SURVEY

From <http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-4.html>

Write five GOOD questions about dietary supplements 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) _____

