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Level 5

Jungle people with almost no heart problems

10th April, 2017

<http://www.breakingnewsenglish.com/1704/170410-heart-disease-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/1704/170410-heart-disease-5.html>

Researchers have found who has the world's healthiest hearts. The Tsimane people live in Bolivia's Amazon region. They have almost no risk of heart disease because of their plant-based diet and levels of physical activity. They also have low blood pressure, and low levels of cholesterol and blood glucose. This equals a very strong cardiovascular system. The Tsimane avoid many diseases and conditions that kill hundreds of millions of people, like heart attack, stroke and diabetes. A study said an 80-year-old Tsimane person is the same cardiovascular age as an American in their mid-50s.

The study on the Tsimane is published in the journal 'The Lancet'. A researcher said: "Coronary [disease] could be avoided if people adopted some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He said the Tsimane live their life with very little coronary disease. He added: "While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to potentially forestall a condition we thought would eventually effect almost all of us."

Sources: <http://www.healthline.com/health-news/the-tribal-diet-that-could-eliminate-heart-disease>
<https://www.newscientist.com/article/2124999-south-american-group-has-the-healthiest-arteries-ever-seen/>
[http://thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30752-3/abstract](http://thelancet.com/journals/lancet/article/PIIS0140-6736(17)30752-3/abstract)

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1704/170410-heart-disease-5.html>

PARAGRAPH ONE:

- | | |
|---|----------------------|
| 1. who has the world's | a. of heart disease |
| 2. The Tsimane people live in Bolivia's | b. blood pressure |
| 3. They have almost no risk | c. activity |
| 4. because of their plant- | d. and diabetes |
| 5. levels of physical | e. system |
| 6. They also have low | f. healthiest hearts |
| 7. a very strong cardiovascular | g. based diet |
| 8. heart attack, stroke | h. Amazon region |

PARAGRAPH TWO:

- | | |
|------------------------------------|-----------------------------|
| 1. published in the | a. avoided |
| 2. coronary | b. sugar |
| 3. could be | c. their lifestyle |
| 4. if people adopted some elements | d. disease |
| 5. blood | e. all of us |
| 6. difficult to achieve in the | f. journal 'The Lancet' |
| 7. we can adopt some aspects of | g. industrialized world |
| 8. eventually effect almost | h. of the Tsimane lifestyle |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1704/170410-heart-disease-5.html>

Researchers have found who has the world's healthiest hearts. The Tsimane people live in Bolivia's Amazon region. They have (1) _____ heart disease because of their plant-based (2) _____ physical activity. They also have low blood pressure, and low levels of cholesterol and (3) _____. This equals a very strong cardiovascular system. The Tsimane avoid many (4) _____ that kill hundreds of millions of people, like heart attack, (5) _____. A study said an 80-year-old Tsimane person is the same cardiovascular age as an American (6) _____.

The study on the Tsimane (7) _____ the journal 'The Lancet'. A researcher said: "Coronary [disease] could (8) _____ people adopted some elements of the Tsimane lifestyle, (9) _____ their cholesterol, blood pressure and blood sugar very low, not smoking and being (10) _____." He said the Tsimane live their life with very little coronary disease. He added: "While difficult (11) _____ the industrialized world, we can adopt some aspects of their lifestyle to potentially forestall a condition we thought would eventually effect (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1704/170410-heart-disease-5.html>

Researchers have found who has the world's healthiest hearts. The Tsimane people live in Bolivia's Amazon region. They have almost no risk of heart disease because of their plant-based diet and levels of physical activity. They also have low blood pressure, and low levels of cholesterol and blood glucose. This equals a very strong cardiovascular system. The Tsimane avoid many diseases and conditions that kill hundreds of millions of people, like heart attack, stroke and diabetes. A study said an 80-year-old Tsimane person is the same cardiovascular age as an American in their mid-50s. The study on the Tsimane is published in the journal 'The Lancet'. A researcher said: "Coronary [disease] could be avoided if people adopted some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He said the Tsimane live their life with very little coronary disease. He added: "While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to potentially forestall a condition we thought would eventually affect almost all of us."

HEART DISEASE SURVEY

From <http://www.breakingnewsenglish.com/1704/170410-heart-disease-4.html>

Write five GOOD questions about heart disease 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) _____

