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Level 4

Dietary supplements could be bad for you

1st August, 2016

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

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

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

Millions of people take dietary supplements thinking they are healthy. New research from the American organisation Consumer Reports (CR) found serious health risks from vitamins and weight loss pills. The biggest problem is they are largely unregulated. Medicines have to be tested for safety, but supplements need much less government approval. Consumers are in the dark about what's in supplements and what they do to the body.

The CR report showed the dangers of supplements. They can cause liver and kidney failure, transplants and heart problems. A report editor said it's not necessarily safe because it's not prescription. She urged people to avoid 15 ingredients in supplements because of the deaths linked to them. She said people should 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-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|------------------------|
| 1. Millions of people take | a. in supplements |
| 2. serious health | b. do to the body |
| 3. weight | c. for safety |
| 4. Medicines have to be tested | d. less |
| 5. supplements need much | e. dietary supplements |
| 6. government | f. risks |
| 7. in the dark about what's | g. loss pills |
| 8. what they | h. approval |

PARAGRAPH TWO:

- | | |
|-------------------------------------|-------------------------|
| 1. The CR report showed the dangers | a. pharmacist |
| 2. They can cause liver and | b. problems |
| 3. heart | c. medication |
| 4. it's not necessarily | d. avoid 15 ingredients |
| 5. She urged people to | e. of supplements |
| 6. because of the deaths linked | f. safe |
| 7. people should see a doctor or | g. kidney failure |
| 8. Treat it like a | h. to them |

LISTEN AND FILL IN THE GAPS

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

Millions (1) _____ dietary supplements thinking they are healthy. New (2) _____ American organisation Consumer Reports (CR) found serious (3) _____ vitamins and weight loss pills. The biggest problem is (4) _____ unregulated. Medicines have to be (5) _____, but supplements need much less government approval. Consumers are in the dark about what's in supplements and (6) _____ the body.

The CR (7) _____ dangers of supplements. They can cause liver (8) _____, transplants and heart problems. A report editor said it's not (9) _____ because it's not prescription. She urged (10) _____ 15 ingredients in supplements because of the deaths linked to them. She said people should see a doctor or (11) _____ supplements. She said: "Treat it like a medication.... (12) _____ your health."

PUT A SLASH (/) WHERE THE SPACES ARE

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

Millions of people take dietary supplements thinking they are healthy. New research from the American organisation Consumer Reports (CR) found serious health risks from vitamins and weight loss pills. The biggest problem is they are largely unregulated. Medicines have to be tested for safety, but supplements need much less government approval. Consumers are in the dark about what's in supplements and what they do to the body. The CR report showed the dangers of supplements. They can cause liver and kidney failure, transplants and heart problems. A reporter said it's not necessarily safe because it's not a prescription. She urged people to avoid 15 ingredients in supplements because of the deaths linked to them. She said people should see a doctor or pharmacist before taking supplements. She said: "Treat it like medication.... It's really about your health."

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) _____

