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Level 3 – 10th March, 2022

Study says plant-based diet helps heart a little

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<https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is essential to eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may affect our health just as much as vegetables. These include other things we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle differences" also affected the health of our heart.

Sources: <https://www.bbc.com/news/health-60429955>
<https://edition.cnn.com/2022/02/21/health/vegetables-heart-risk-wellness/index.html>
<https://www.techexplorist.com/consumption-vegetables-not-lower-risk-cvd/44895/>

WARM-UPS

1. VEGETABLES: Students walk around the class and talk to other students about vegetables. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

study / scientists / vegetables / decade / heart / healthy / exercise / income / smoke / cardiovascular / raw / reduction / evidence / protective / socioeconomic / lifestyle

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGETARIAN: Students A **strongly** believe we should all be vegetarian; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. HEALTH: How do these things affect our health? How do these things affect your life? Complete this table with your partner(s). Change partners often and share what you wrote.

	How It Affects Our Health	My Life
Vegetables		
Exercise		
Sleep		
Internet		
Income		
Where you live		

5. RISK: Spend one minute writing down all of the different words you associate with the word "risk". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. VEGGIES: Rank these with your partner. Put the best veggies at the top. Change partners often and share your rankings.

- Spinach
- Garlic
- Cabbage
- Onion
- Aubergine
- Cucumber
- Radish
- Asparagus

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|---|
| 1. suggest | a. Make smaller or less in amount, degree, or size. |
| 2. reduce | b. Absolutely necessary; extremely important. |
| 3. decade | c. Put forward for people to think about. |
| 4. essential | d. Money received, especially on a regular basis for work |
| 5. lifestyle | e. The way in which a person lives. |
| 6. income | f. Not cooked. |
| 7. raw | g. A period of ten years. |

Paragraph 2

- | | |
|--------------------|---|
| 8. advise | h. Caused a change in something or someone. |
| 9. overall | i. Relating to the heart and blood vessels. |
| 10. risk | j. Helped to cause or bring about. |
| 11. cardiovascular | k. Give someone ideas about the best thing to do. |
| 12. contributed | l. Taken as a whole; in all. |
| 13. evidence | m. The facts or information saying whether something is true. |
| 14. affected | n. A situation involving exposure to danger. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The findings in the study are the same as what doctors always told us. **T / F**
2. Lifestyle affects our health much more than what we eat. **T / F**
3. Researchers looked at data on nearly 400,000 people in Hong Kong. **T / F**
4. People answered questions about what vegetables they ate. **T / F**
5. The researchers said people don't have to eat vegetables. **T / F**
6. People who ate vegetables had a 15% less chance of heart disease. **T / F**
7. A researcher from Oxford University conducted a large study. **T / F**
8. The researcher said our socioeconomic situation affected our health. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|---------------------|
| 1. reduce | a. participated |
| 2. goes against | b. salary |
| 3. income | c. recommended |
| 4. took part | d. circumstances |
| 5. raw | e. cut |
| 6. advised | f. particularly |
| 7. overall | g. uncooked |
| 8. especially | h. played a part in |
| 9. contributed | i. contradicts |
| 10. situation | j. general |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|---------------------------------|
| 1. greatly reduce the | a. part in it |
| 2. This goes against what | b. this 15% reduction |
| 3. whether or not we smoke | c. risk |
| 4. Almost 400,000 people took | d. eat lots of vegetables |
| 5. raw and | e. and drink |
| 6. people should still | f. from cardiovascular disease |
| 7. the risk of dying | g. evidence |
| 8. other factors also contributed to | h. cooked vegetables |
| 9. Our large study did not find | i. differences |
| 10. lifestyle | j. doctors have been telling us |

GAP FILL

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from scientists suggests eating a lot of vegetables may not (1) _____ reduce the risk of a heart attack. This goes against what doctors have been telling us for (2) _____. People across the world believe it is (3) _____ to eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may (4) _____ our health just as much as vegetables. These include other things we eat, how (5) _____ exercise we get, where we live, our income, and (6) _____ or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people (7) _____ part in it. They answered questions about their lifestyle, diet, and what (8) _____ and cooked vegetables they ate.

decades
whether
affect
raw
essential
greatly
took
much

The scientists (9) _____ that people should still eat lots of vegetables because they were good for our heart and (10) _____ health. The findings of their study actually found that the risk of dying from cardiovascular (11) _____ was around 15 per cent lower for those eating the most vegetables, especially (12) _____ vegetables. However, they explained that many other (13) _____ also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find (14) _____ for a protective (15) _____ of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle differences" also (16) _____ the health of our heart.

factors
overall
raw
advised
affected
disease
effect
evidence

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

- 1) vegetables may not greatly reduce the _____ heart attack
 - a. risqué of a
 - b. brisk of a
 - c. risk of a
 - d. rasp of a
- 2) This goes against what doctors have been telling _____
 - a. us four decades
 - b. us fore decades
 - c. us ford decades
 - d. us for decades
- 3) The new study says other lifestyle factors may affect our health just as _____
 - a. much as vegetables
 - b. much has vegetables
 - c. much 'twas vegetables
 - d. much was vegetables
- 4) include other things we eat, how much exercise we get, where we _____
 - a. live, ours income
 - b. live, hour income
 - c. live, our income
 - d. live, awe income
- 5) answered questions about their lifestyle, diet, and what _____ vegetables
 - a. law and cooked
 - b. raw and cooked
 - c. paw and cooked
 - d. roar and cooked
- 6) lots of vegetables because they were good for our heart _____
 - a. and oeuvre all health
 - b. and over all health
 - c. and overalls health
 - d. and overall health
- 7) The findings of their study actually found that the _____
 - a. risk of dying
 - b. risk off dying
 - c. risky of dying
 - d. risk of dye inn
- 8) However, they explained that many other factors also contributed to _____
 - a. this 15% reducing
 - b. this 15% deduction
 - c. this 15% deducing
 - d. this 15% reduction
- 9) Our large study did not find evidence for a protective effect _____
 - a. of vegetable in make
 - b. of vegetable in bake
 - c. of vegetable intake
 - d. of vegetable in cake
- 10) He said "differences in socioeconomic situation _____"
 - a. and lifestyle difference is
 - b. and lifestyle differentials
 - c. and lifestyle differences
 - d. and lifestyle differ instances

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from (1) _____ a lot of vegetables may not greatly reduce the risk of a heart attack. This (2) _____ doctors have been telling us for decades. People across the world believe it (3) _____ eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may affect our health just as much as vegetables. These (4) _____ we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took (5) _____. They answered questions about their lifestyle, diet, and what (6) _____ vegetables they ate.

The scientists advised that people (7) _____ lots of vegetables because they were good for our (8) _____ health. The findings of their study actually found that the (9) _____ from cardiovascular disease was around 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many (10) _____ contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not (11) _____ a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic (12) _____ differences" also affected the health of our heart.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

1. What do the findings of the study go against?
2. For how long have doctors been telling us to eat vegetables?
3. What does the article say affects our health as much as vegetables?
4. How many universities conducted this research?
5. What kinds of vegetables did people answer questions about?
6. What overall thing did scientists say vegetables were good for?
7. What kind of vegetables were most effective in reducing risks?
8. Where does the researcher Qi Feng work?
9. What did Qi Feng say his study did not find?
10. What situation did Dr Qi Feng say affected the heart's health?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

- 1) What do the findings of the study go against?
 - a) what doctors have been telling us
 - b) science
 - c) the grain
 - d) people
- 2) For how long have doctors been telling us to eat vegetables?
 - a) millennia
 - b) centuries
 - c) decades
 - d) years
- 3) What does the article say affects our health as much as vegetables?
 - a) sleep
 - b) lifestyle factors
 - c) fast food
 - d) pollution
- 4) How many universities conducted this research?
 - a) 6
 - b) 5
 - c) 4
 - d) 3
- 5) What kinds of vegetables did people answer questions about?
 - a) cooked and raw vegetables
 - b) red and green vegetables
 - c) frozen vegetables
 - d) organic vegetables
- 6) What overall thing did scientists say vegetables were good for?
 - a) vegan cuisine
 - b) the world
 - c) pasta
 - d) our health
- 7) What kind of vegetables were most effective in reducing risks?
 - a) GM vegetables
 - b) raw vegetables
 - c) organic vegetables
 - d) carrots
- 8) Where does the researcher Qi Feng work?
 - a) Seoul National University
 - b) the University of Hong Kong
 - c) the University of Bristol
 - d) the University of Oxford
- 9) What did Qi Feng say his study did not find?
 - a) carrots
 - b) bad
 - c) evidence
 - d) answers
- 10) What situation did Dr Qi Feng say affected the heart's health?
 - a) a medical emergency
 - b) socioeconomic situation
 - c) too much exercise
 - d) poisoned parsley

ROLE PLAY

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

Role A – Garlic

You think garlic is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, carrots or cucumbers.

Role B – Cabbage

You think cabbage is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): garlic, carrots or cucumbers.

Role C – Carrots

You think carrots are the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, garlic or cucumbers.

Role D – Cucumbers

You think cucumbers are the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, carrots or garlic.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'vegetable' and 'heart'.

vegetable	heart
------------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• suggests• decades• affect• include• took• questions	<ul style="list-style-type: none">• overall• findings• contributed• evidence• intake• affected
--	---

VEGETABLES SURVEY

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

Write five GOOD questions about vegetables 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.

VEGETABLES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'vegetables'?
3. How important are vegetables?
4. What are your favourite vegetables?
5. Should we all become vegetarians?
6. What do you do to keep your heart healthy?
7. What parts of your lifestyle are not good for your heart?
8. Which do you prefer - raw or cooked vegetables?
9. Why do people still smoke?
10. Why does income affect the health of our heart?

Study says plant-based diet helps heart a little – 10th March, 2022
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VEGETABLES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'health'?
13. What do you think about what you read?
14. Why are vegetables so healthy?
15. How healthy is your lifestyle?
16. What do you know about cardiovascular health?
17. What kinds of vegetables are best?
18. What other things are good for our heart?
19. Will you eat more vegetables from now?
20. What questions would you like to ask the scientists?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from scientists (1) _____ eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes (2) _____ what doctors have been telling us for decades. People across the world believe it is essential (3) _____ eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may affect our health (4) _____ as much as vegetables. These include other things we eat, how much exercise we get, where we live, our (5) _____, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what (6) _____ and cooked vegetables they ate.

The scientists (7) _____ that people should still eat lots of vegetables because they were (8) _____ for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent (9) _____ for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also (10) _____ to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find evidence for a (11) _____ effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle (12) _____" also affected the health of our heart.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|-----------------|--------------|------------------|
| 1. | (a) suggested | (b) suggesting | (c) suggests | (d) suggestive |
| 2. | (a) against | (b) gains | (c) again | (d) aghast |
| 3. | (a) to | (b) for | (c) by | (d) at |
| 4. | (a) just | (b) most | (c) more | (d) many |
| 5. | (a) outcome | (b) come | (c) coming | (d) income |
| 6. | (a) paw | (b) awe | (c) law | (d) raw |
| 7. | (a) advised | (b) advice | (c) advisory | (d) advisor |
| 8. | (a) goodness | (b) goodly | (c) goodie | (d) good |
| 9. | (a) lower | (b) lowly | (c) under | (d) below |
| 10. | (a) hoped | (b) contributed | (c) turning | (d) shortened |
| 11. | (a) protect | (b) protective | (c) protects | (d) protector |
| 12. | (a) differences | (b) differ | (c) differs | (d) differential |

SPELLING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

Paragraph 1

1. greatly erudce the risk
2. telling us for eacddes
3. it is nsetisal to eat lots of vegetables
4. cfotars may affect our health
5. questions about their fseitllye
6. awr and cooked vegetables

Paragraph 2

7. good for our heart and verolal health
8. this 15% eurtdion
9. Our large study did not find inedevce
10. a roeptctive effect of vegetable intake
11. cardiovascular iesdase
12. differences in socioeconomic iasituton

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

Number these lines in the correct order.

- () health. The findings of their study actually found that the risk of dying from cardiovascular
- () and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took
- () says other lifestyle factors may affect our health just as much as vegetables. These include other things
- (**1**) A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk
- () the world believe it is essential to eat lots of vegetables to keep the heart healthy. The new study
- () reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find
- () disease was around 15 per cent lower for those eating the most vegetables, especially raw
- () of a heart attack. This goes against what doctors have been telling us for decades. People across
- () we eat, how much exercise we get, where we live, our income, and whether or not we smoke
- () The scientists advised that people should still eat lots of vegetables because they were good for our heart and overall
- () evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences
- () vegetables. However, they explained that many other factors also contributed to this 15%
- () part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.
- () in socioeconomic situation and lifestyle differences" also affected the health of our heart.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

1. the reduce Eating not may greatly vegetables risk .
2. What for us telling been decades . have doctors
3. keep the vegetables Eat to heart healthy .
4. and or Whether drink . we not smoke
5. study . part people in the 400,000 took Almost
6. of should eat People still vegetables . lots
7. cardiovascular disease . from risk The dying of
8. other contributed also factors to Many this reduction .
9. effect Find evidence protective a of for vegetables .
10. affected Lifestyle health the differences of our heart .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from scientists *suggests / suggesting* eating a lot of vegetables may not greatly reduce the *risky / risk* of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is *essence / essential* to eat lots of vegetables to keep the heart healthy. The new study says *other / another* lifestyle factors may *effect / affect* our health just as much as vegetables. These include other *thing / things* we eat, how much exercise we get, where we live, our income, and *whether / weather* or not we smoke and drink. The study is *from / at* universities in Oxford, Bristol and Hong Kong. Almost 400,000 people *gave / took* part in it. They answered questions about their lifestyle, diet, and what *roar / raw* and cooked vegetables they ate.

The scientists *advice / advised* that people should still eat lots of vegetables because they were good for our heart and *overalls / overall* health. The *findings / funding* of their study actually found that the risk *to / of* dying from cardiovascular disease was around 15 per cent lower for *them / those* eating the most vegetables, especially raw vegetables. However, they explained that many other *factories / factors* also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large *studious / study* did not find evidence for a protective effect of vegetable intake on the *occur / occurrence* of cardiovascular disease". He said "*differences / different* in socioeconomic situation and lifestyle differences" also affected the *health / healthy* of our heart.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

_ n_w st_dy fr_m sc__nt_sts s_gg_sts __t_ng _ l_t _f
v_g_t_bl_s m_y n_t gr__tly r_d_c_ th_ r_sk _f _ h__rt
_tt_ck. Th_s g__s _g__nst wh_t d_ct_rs h_v_ b__n
t_ll_ng _s f_r d_c_d_s. P__pl_ _cr_ss th_ w_rld
b_l__v_ _t _s _ss_nt__l t_ __t l_ts _f v_g_t_bl_s t_
k__p th_ h__rt h__lthy. Th_ n_w st_dy s_ys _th_r
l_fstyl_ f_ct_rs m_y _ff_ct __r h__lth j_st _s m_ch
_s v_g_t_bl_s. Th_s_ _ncl_d_ _th_r th_ngs w_ __t, h_w
m_ch _x_rc_s_ w_ g_t, wh_r_ w_ l_v_, __r _nc_m_,
_nd wh_th_r _r n_t w_ sm_k_ _nd drnk. Th_ st_dy
_s fr_m _n_v_rs_t__s _n _xf_rd, Br_st_l _nd H_ng
K_ng. _lm_st 400,000 p__pl_ t__k p_rt _n _t. Th_y
_nsw_r_d q__st__ns _b__t th__r l_fstyl_, d__t, _nd
wh_t r_w _nd c__k_d v_g_t_bl_s th_y _t_.

Th_ sc__nt_sts _dv_s_d th_t p__pl_ sh__ld st_ll __t
l_ts _f v_g_t_bl_s b_c__s_ th_y w_r_ g__d f_r __r
h__rt _nd _v_r_ll h__lth. Th_ f_nd_ngs _f th__r st_dy
_ct__lly f__nd th_t th_ r_sk _f dy_ng fr_m
c_rd__v_sc_l_r d_s__s_ w_s _r__nd 15 p_r c_nt l_w_r
f_r th_s_ __t_ng th_ m_st v_g_t_bl_s, _sp_c__lly r_w
v_g_t_bl_s. H_w_v_r, th_y _xpl__n_d th_t m_ny _th_r
f_ct_rs _ls_ c_ntr_b_t_d t_ th_s 15% r_d_ct__n. L__d
r_s__rch_r Dr Q_ F_ng fr_m th_ _n_v_rs_ty _f _xf_rd
s__d: " __r l_rg_ st_dy d_d n_t f_nd _v_d_nc_ f_r _
pr_t_ct_v_ _ff_ct _f v_g_t_bl_ _nt_k_ _n th_
_cc_rr_nc_ _f c_rd__v_sc_l_r d_s__s_". H_ s__d
"d_ff_r_nc_s _n s_c__c_n_m_c s_t__t__n _nd l_fstyl_
d_ff_r_nc_s" _ls_ _ff_ct_d th_ h__lth _f __r h__rt.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

a new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack this goes against what doctors have been telling us for decades people across the world believe it is essential to eat lots of vegetables to keep the heart healthy the new study says other lifestyle factors may affect our health just as much as vegetables these include other things we eat how much exercise we get where we live our income and whether or not we smoke and drink the study is from universities in oxford bristol and hong kong almost 400000 people took part in it they answered questions about their lifestyle diet and what raw and cooked vegetables they ate

the scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health the findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables especially raw vegetables however they explained that many other factors also contributed to this 15 reduction lead researcher dr qi feng from the university of oxford said our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease he said differences in socioeconomic situation and lifestyle differences also affected the health of our heart

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet.html>

A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is essential to eat a lot of vegetables to keep the heart healthy. The new study says that other lifestyle factors may affect our health just as much as vegetables. These include other things we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate. The scientists advised that people should still eat a lot of vegetables because they were good for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 percent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our largest study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle differences" also affected the health of our heart.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. VEGETABLES: Make a poster about vegetables. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PLANT-BASED DIET: Write a magazine article about all of us moving to a plant-based diet. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on vegetables. Ask him/her three questions about them. Give him/her three of your opinions on a plant-based diet. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. a 3. g 4. b 5. e 6. d 7. f
8. k 9. l 10. n 11. i 12. j 13. m 14. h

TRUE / FALSE (p.5)

- 1 F 2 F 3 F 4 T 5 F 6 T 7 T 8 T

SYNONYM MATCH (p.5)

1. e	2. i	3. b	4. a	5. g
6. c	7. j	8. f	9. h	10. d

COMPREHENSION QUESTIONS (p.9)

1. What doctors have been telling us
2. Decades
3. Lifestyle factors
4. Three
5. Raw and cooked vegetables
6. Our health
7. Raw vegetables
8. The University of Oxford
9. Evidence
10. Socioeconomic situation

WORDS IN THE RIGHT ORDER (p.19)

1. Eating vegetables may not greatly reduce the risk.
2. What doctors have been telling us for decades.
3. Eat vegetables to keep the heart healthy.
4. Whether or not we smoke and drink.
5. Almost 400,000 people took part in the study.
6. People should still eat lots of vegetables.
7. The risk of dying from cardiovascular disease.
8. Many other factors also contributed to this reduction.
9. Find evidence for a protective effect of vegetables.
10. Lifestyle differences affected the health of our heart.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)