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Level 5

Coffee can help you live longer

19th November, 2015

<http://www.breakingnewsenglish.com/1511/151119-coffee-5.html>

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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1511/151119-coffee-5.html>

There is good news for coffee lovers from the American Heart Association. Their new report says coffee drinkers may live longer than those who do not drink coffee. Evidence shows that coffee makes you live longer. It also reduces the risk of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide. Researchers looked at over 200,000 people who drank between one and five cups of coffee a day. Researcher Dr Frank Hu said: "Moderate consumption of coffee may confer health benefits in terms of reducing premature death due to several diseases."

Scientists have been analysing what is in coffee that provides so many health benefits. Many reports in the past decades have highlighted the positive effects it has on the body. Dr Hu said it was still unclear how coffee interacts with the body. He said: "Coffee is a complex beverage. It's very difficult to pinpoint which component of coffee is responsible for which benefit." Researchers did not include highly caffeinated drinks in the study. They also said that while coffee seems to have health benefits, things added to it, such as cream, sugar and sweeteners, do not.

Sources: <http://www.cbsnews.com/news/coffee-drinking-linked-to-a-longer-life/>
<http://www.medicaldaily.com/cup-joe-may-lower-risk-death-disease-benefits-drinking-coffee-extend-lifespan-361780>
<http://cnnphilippines.com/lifestyle/2015/11/17/Coffee-could-literally-be-a-lifesaver.html>

MATCHING

From <http://www.breakingnewsenglish.com/1511/151119-coffee-5.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|--------------------------|
| 1. There is good news for coffee | a. illnesses |
| 2. coffee drinkers may live | b. one and five cups |
| 3. Evidence shows that coffee | c. longer |
| 4. reduces the risk of heart | d. lovers |
| 5. life-threatening | e. makes you live longer |
| 6. people who drank between | f. death |
| 7. Moderate consumption | g. disease |
| 8. reducing premature | h. of coffee |

PARAGRAPH TWO:

- | | |
|---------------------------------------|----------------------------|
| 1. Scientists have been analysing | a. it has on the body |
| 2. so many | b. drinks |
| 3. Many reports in | c. interacts with the body |
| 4. highlighted the positive effects | d. health benefits |
| 5. it was still unclear how coffee | e. sugar and sweeteners |
| 6. Coffee is a complex | f. what is in coffee |
| 7. highly caffeinated | g. beverage |
| 8. things added to it, such as cream, | h. the past decades |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1511/151119-coffee-5.html>

There is good (1) _____ lovers from the American Heart Association. Their new report says coffee drinkers (2) _____ than those who do not drink coffee. Evidence shows that coffee makes you live longer. It also (3) _____ of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide. Researchers (4) _____ 200,000 people who drank between one and five cups (5) _____. Researcher Dr Frank Hu said: "Moderate consumption of coffee may confer health benefits in terms of reducing premature death due (6) _____."

Scientists have been analysing (7) _____ that provides so many health benefits. Many reports in the (8) _____ highlighted the positive (9) _____ the body. Dr Hu said it was still unclear how coffee interacts with the body. He said: "Coffee is a complex beverage. It's very difficult (10) _____ component of coffee is responsible for which benefit." Researchers did not include highly caffeinated drinks in the study. They (11) _____ coffee seems to have health benefits, (12) _____, such as cream, sugar and sweeteners, do not.

COFFEE SURVEY

From <http://www.breakingnewsenglish.com/1511/151119-coffee-5.html>

Write five GOOD questions about coffee 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) _____
- g) _____
- h) _____

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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) _____
- g) _____
- h) _____

