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Level 4

Eating chili peppers helps you live longer

20th January, 2017

<http://www.breakingnewsenglish.com/1701/170120-chili-peppers-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/1701/170120-chili-peppers-4.html>

There is good news for lovers of chili peppers – they can help you live longer. Researchers in the US found that capsaicin, an ingredient in red chili peppers, may boost the metabolism, strengthen the heart and help with blood pressure and obesity. People who regularly ate chili had a 13% lower risk of dying early. Researchers said hot red chili pepper was associated with reduced mortality and, "may be a beneficial component of the diet".

The researchers asked 16,179 adults about their health, lifestyle, income and diet. The researchers analysed the deaths in the 18 years after. Of the 4,946 participants who died, 21.6% regularly ate chili compared with 33.6% who did not. Britain's health service said people should not rely on one "superfood" like chili. It said: "Eat a balanced diet high in a variety of fruit and vegetables, limit salt, sugar and saturated fat, stay active [and] avoid smoking."

NOTE: 'chili' is American English; 'chilli' is British English.

Sources: <http://www.nhs.uk/news/2017/01January/Pages/Hot-red-chilli-peppers-linked-to-longer-lifespan.aspx>
<http://www.medicalnewstoday.com/articles/315262.php>
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0169876>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------|----------------------------|
| 1. good news for | a. of dying early |
| 2. they can help you | b. metabolism |
| 3. an ingredient | c. mortality |
| 4. boost the | d. live longer |
| 5. blood | e. of the diet |
| 6. a 13% lower risk | f. lovers of chili peppers |
| 7. associated with reduced | g. pressure |
| 8. a beneficial component | h. in red chili peppers |

PARAGRAPH TWO:

- | | |
|------------------------------------|-----------------------|
| 1. their health, lifestyle, income | a. fat |
| 2. The researchers analysed | b. after |
| 3. in the 18 years | c. diet |
| 4. people should not rely | d. avoid smoking |
| 5. Eat a balanced | e. and diet |
| 6. limit | f. on one "superfood" |
| 7. saturated | g. salt |
| 8. stay active and | h. the deaths |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-4.html>

There is good (1) _____ of chili peppers – they can help you live longer. Researchers in the US found that capsaicin, (2) _____ in red chili peppers, may boost the metabolism, strengthen the heart and help with blood (3) _____. People who regularly ate chili had a 13% (4) _____ dying early. Researchers said hot red chili pepper (5) _____ with reduced mortality and, "may be a beneficial (6) _____ diet".

The researchers asked 16,179 (7) _____ health, lifestyle, income and diet. The researchers analysed (8) _____ 18 years after. Of the 4,946 participants who died, 21.6% regularly ate chili (9) _____ 33.6% who did not. Britain's health service said people should (10) _____ "superfood" like chili. It said: "Eat a balanced diet high (11) _____ fruit and vegetables, limit salt, sugar and saturated fat, stay (12) _____ smoking."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-4.html>

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CHILI PEPPERS SURVEY

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-4.html>

Write five GOOD questions about chili peppers 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) _____

