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Level 4

Jungle people with almost no heart problems

10th April, 2017

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

The Tsimane people from Bolivia have the world's healthiest hearts. They have almost no risk of heart disease. Their plant-based diet and physical activity mean they also have low blood pressure, and low levels of cholesterol and blood glucose. They have a strong cardiovascular system. This avoids many of the major killers, like heart attack, stroke and diabetes. An 80-year-old Tsimane person is the same cardiovascular age as an American in their mid-50s.

A researcher said: "Coronary [disease] could be avoided if people adopted...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 have very little coronary disease, but noted this was difficult to achieve in the industrialized world. He advised people to change, "to 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-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|----------------------|
| 1. The Tsimane people | a. pressure |
| 2. the world's | b. of heart disease |
| 3. They have almost no risk | c. age |
| 4. plant- | d. activity |
| 5. physical | e. healthiest hearts |
| 6. low blood | f. killers |
| 7. This avoids many of the major | g. from Bolivia |
| 8. the same cardiovascular | h. based diet |

PARAGRAPH TWO:

- | | |
|--------------------------|--------------------------|
| 1. coronary | a. active |
| 2. adopted elements of | b. to change |
| 3. blood | c. the Tsimane lifestyle |
| 4. being physically | d. all of us |
| 5. this was difficult to | e. world |
| 6. in the industrialized | f. sugar |
| 7. He advised people | g. disease |
| 8. effect almost | h. achieve |

LISTEN AND FILL IN THE GAPS

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

The Tsimane people from Bolivia (1) _____ healthiest hearts. They have almost (2) _____ heart disease. Their plant-based diet and physical activity mean they also have low blood pressure, and (3) _____ cholesterol and blood glucose. They have a strong cardiovascular system. (4) _____ of the major killers, like (5) _____ and diabetes. An 80-year-old Tsimane (6) _____ same cardiovascular age as an American in their mid-50s.

A researcher said: "Coronary [disease] (7) _____ if people adopted...elements of the Tsimane lifestyle, (8) _____ their cholesterol, blood pressure and blood sugar very low, not smoking and being (9) _____." He said the Tsimane have very little coronary disease, but noted this was (10) _____ in the industrialized world. He advised people to change, "(11) _____ condition we thought would eventually effect (12) _____".

PUT A SLASH (/) WHERE THE SPACES ARE

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

The Tsimane people from Bolivia have the world's healthiest hearts. They have almost no risk of heart disease. Their plant-based diet and physical activity mean they also have low blood pressure, and low levels of cholesterol and blood glucose. They have a strong cardiovascular system. This avoids many of the major killers, like heart attack, stroke and diabetes. An 80-year-old Tsimane person is the same cardiovascular age as an American in their mid-50s. A researcher said: "Coronary [disease] could be avoided if people adopted... 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 have very little coronary disease, but noted this was difficult to achieve in the industrialized world. He advised people to change, "to forestall a condition we thought would eventually effect 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) _____

