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**Level 3 – 5th February, 2020**

## **Soybean products may help you live longer**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2002/200205-soybeans.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/2002/200205-soybeans.html>

There are many reasons why Japanese people live longer than the rest of us. One reason might be soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo conducted a study into the health benefits of soybeans and their products. They found that people who regularly ate tofu, natto and miso were 10 per cent less likely to die from common killers than people who ate no soybean products. Researchers said eating soybean-based food lowered the risk of death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with a lower risk of mortality."

Soybeans and fermented soybean products are superfoods. They are rich in protein, fibre and unsaturated fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight loss. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming more popular around the world.

Sources: <https://www.bmj.com/content/bmj/368/bmj.m247.full.pdf>  
<https://food.ndtv.com/news/higher-consumption-of-fermented-soy-products-linked-to-lower-mortality-risk-says-study-2172124>  
<https://medicalxpress.com/news/2020-01-fermented-soy-products-linked-death.html>

# WARM-UPS

**1. SOYBEANS:** Students walk around the class and talk to other students about soybeans. 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?

reasons / soybeans / tofu / natto / miso / health / killers / heart attack / stroke / risk / superfoods / fats / weight loss / cuisine / soy sauce / salt / blood pressure / popular

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

**3. SOYBEANS:** Students A **strongly** believe everyone should eat soybean products; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. SUPERFOODS:** What do you know about these superfoods? What do you think of them? How good are they for us? Complete this table with your partner(s). Change partners often and share what you wrote.

|              | What I Know | What I Think | How Good |
|--------------|-------------|--------------|----------|
| Soybeans     |             |              |          |
| Avocado      |             |              |          |
| Eggs         |             |              |          |
| Spinach      |             |              |          |
| Garlic       |             |              |          |
| Sweet potato |             |              |          |

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

**6. COMMON KILLERS:** Rank these with your partner. Put the scariest killers at the top. Change partners often and share your rankings.

- heart attack
- cancer
- sepsis
- tuberculosis
- stroke
- AIDS
- malaria
- old age

# VOCABULARY MATCHING

## Paragraph 1

- |              |   |
|--------------|---|
| 1. the rest  | a. The other people or things.  |
| 2. product   | b. A person or thing that kills.  |
| 3. conducted | c. Something that is made or changed to sell in shops or on the Internet. |
| 4. benefit   | d. With a non-stop pattern, especially with the same space between times. |
| 5. regularly | e. Carried out; did.  |
| 6. killer    | f. The good thing we can get from something or from using something.      |
| 7. risk      | g. The possibility that something bad will happen.                        |

## Paragraph 2

- |             |   |
|-------------|---|
| 8. rich     | h. Very, very, very old.  |
| 9. source   | i. A style or method of cooking from a particular country, region, or restaurant. |
| 10. boost   | j. Having lots and lots of a particular thing.                                    |
| 11. cuisine | k. Happening, found, or done often.   |
| 12. ancient | l. A place, person, or thing where something comes from.                          |
| 13. common  | m. Liked by many people.  |
| 14. popular | n. Help or encourage something to increase or improve.                            |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

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

- a. The article said there was one reason why Japanese people live longer. **T / F**
- b. An institute in Beijing conducted the research into soybeans. **T / F**
- c. People who ate natto were 20% less likely to die from killer diseases. **T / F**
- d. Fermented soy products were associated with a lower risk of death. **T / F**
- e. Soybeans and fermented soybeans are superfoods. **T / F**
- f. The article said soybeans are an essential part of South Asian cuisine. **T / F**
- g. Fermented soybeans are called natto. **T / F**
- h. Researchers said the miso in salt leads to high blood pressure. **T / F**

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

- |                      |                |
|----------------------|----------------|
| <b>1. reasons</b>    | a. packed with |
| <b>2. conducted</b>  | b. related     |
| <b>3. regularly</b>  | c. well liked  |
| <b>4. lowered</b>    | d. carried out |
| <b>5. associated</b> | e. very old    |
| <b>6. rich in</b>    | f. reduced     |
| <b>7. boost</b>      | g. widespread  |
| <b>8. ancient</b>    | h. causes      |
| <b>9. common</b>     | i. increase    |
| <b>10. popular</b>   | j. frequently  |

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

- |  |                               |
|--|-------------------------------|
| 1. Japanese people live longer than    | a. to die                     |
| 2. One reason might be                 | b. risk of mortality          |
| 3. 10 per cent less likely             | c. of soy products            |
| 4. cardiovascular                      | d. unsaturated fats           |
| 5. associated with a lower             | e. soybean products like tofu |
| 6. They are rich in protein, fibre and | f. in salt                    |
| 7. They are also a source of potassium | g. high blood pressure        |
| 8. The most common types               | h. problems                   |
| 9. Some scientists say miso is high    | i. and other minerals         |
| 10. put people at risk of              | j. the rest of us             |

# GAP FILL

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

There are many (1) \_\_\_\_\_ why Japanese people live longer than the rest of us. One reason might be soybean (2) \_\_\_\_\_ like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo (3) \_\_\_\_\_ a study into the health benefits of soybeans and their products. They found that people who (4) \_\_\_\_\_ ate tofu, natto and miso were 10 per cent less likely to die from common (5) \_\_\_\_\_ than people who ate no soybean products. Researchers said eating soybean-based food (6) \_\_\_\_\_ the risk of death from heart attacks, stroke and other cardiovascular (7) \_\_\_\_\_. They said: "A higher intake of fermented soy products was associated with a lower (8) \_\_\_\_\_ of mortality."

*regularly*  
*products*  
*problems*  
*killers*  
*reasons*  
*risk*  
*conducted*  
*lowered*

Soybeans and fermented soybean products are (9) \_\_\_\_\_. They are rich in protein, fibre and unsaturated (10) \_\_\_\_\_. They are also a (11) \_\_\_\_\_ of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight (12) \_\_\_\_\_. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since (13) \_\_\_\_\_ times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean (14) \_\_\_\_\_ added to soups) and soy sauce. Some scientists say miso is high in (15) \_\_\_\_\_. The researchers said salt in miso does not put people at risk of high blood (16) \_\_\_\_\_. Soybean products are becoming more popular around the world.

*source*  
*ancient*  
*fats*  
*loss*  
*salt*  
*superfoods*  
*paste*  
*pressure*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

- 1) There are many reasons why Japanese people live longer than \_\_\_\_\_
  - a. the best of us
  - b. the rest of us
  - c. the pest of us
  - d. the lest of us
- 2) They found that people who \_\_\_\_\_ tofu
  - a. regular ate
  - b. regular ate
  - c. regular eat
  - d. regularly ate
- 3) were 10 per cent less likely to die from \_\_\_\_\_
  - a. common killers
  - b. commonly killers
  - c. commonly killer
  - d. common killer
- 4) eating soybean-based food lowered the risk of death \_\_\_\_\_
  - a. from heart attacks
  - b. from hearty attacks
  - c. from hurt attacks
  - d. from hurt attack
- 5) A higher intake of fermented soy products was associated with a lower \_\_\_\_\_
  - a. risky of mortality
  - b. risqué of mortality
  - c. rusk of mortality
  - d. risk of mortality
- 6) Soybeans and fermented soybean products \_\_\_\_\_
  - a. are soup and foods
  - b. are superfoods
  - c. are superfood
  - d. are super food
- 7) They are rich in protein, fibre and \_\_\_\_\_
  - a. unsaturated fatty
  - b. and saturated fats
  - c. and saturation fats
  - d. unsaturated fats
- 8) Soy fibre can help to lower cholesterol and \_\_\_\_\_
  - a. boots weighty less
  - b. boast weight lost
  - c. boats weight lose
  - d. boost weight loss
- 9) natto (fermented soybeans), miso (a fermented soybean paste \_\_\_\_\_)
  - a. add it to soups
  - b. a did to soups
  - c. added to soups
  - d. added two soups
- 10) The researchers said salt in miso does not put people at risk of \_\_\_\_\_
  - a. high blood pressured
  - b. high blood pressures
  - c. high blood pressure
  - d. high blood pleasure

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

There are many reasons why Japanese people (1) \_\_\_\_\_ the rest of us. One reason might be soybean (2) \_\_\_\_\_, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo conducted a study into the (3) \_\_\_\_\_ soybeans and their products. They found that people who regularly ate tofu, natto and miso were 10 per cent less likely to (4) \_\_\_\_\_ killers than people who ate no soybean products. Researchers said eating soybean-based food lowered (5) \_\_\_\_\_ death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with (6) \_\_\_\_\_ of mortality."

Soybeans and fermented (7) \_\_\_\_\_ superfoods. They are rich in protein, fibre and unsaturated fats. They are (8) \_\_\_\_\_ of potassium and other minerals. Soy fibre can help to lower cholesterol and (9) \_\_\_\_\_. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most (10) \_\_\_\_\_ soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean (11) \_\_\_\_\_ soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people at risk of (12) \_\_\_\_\_. Soybean products are becoming more popular around the world.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

1. Who did the article say lives longer than the rest of us?
2. Where is the National Institute of Health and Nutrition?
3. What are people who eat soybean products 10% less likely to do?
4. What do soybeans lower the risk of besides heart attacks and strokes?
5. What is a higher intake of fermented soy products associated with?
6. What kind of food did the article call soybeans and fermented soybeans?
7. What kind of fats are soybeans rich in?
8. What cuisine are soybeans an important part of?
9. What did the article say miso is added to?
10. What do researchers say salt in miso does not put people at risk of?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

- 1) Who did the article say lives longer than the rest of us?
  - a) vegans
  - b) people on diets
  - c) researchers
  - d) Japanese people
- 2) Where is the National Institute of Health and Nutrition?
  - a) London
  - b) Tokyo
  - c) Delhi
  - d) Lagos
- 3) What are people who eat soybean products 10% less likely to do?
  - a) eat meat
  - b) gain weight
  - c) die from killer diseases
  - d) feel sleepy
- 4) What do soybeans lower the risk of besides heart attacks and strokes?
  - a) cardiovascular problems
  - b) weight loss
  - c) cancer
  - d) stomach problems
- 5) What is a higher intake of fermented soy products associated with?
  - a) higher blood pressure
  - b) cardiovascular problems
  - c) a lower risk of mortality
  - d) better memory
- 6) What kind of food did the article call soybeans and fermented soybeans?
  - a) fibrous
  - b) a superfood
  - c) pricey food
  - d) delicious food
- 7) What kind of fats are soybeans rich in?
  - a) starchy fats
  - b) fatty fats
  - c) trans fats
  - d) unsaturated fats
- 8) What cuisine are soybeans an important part of?
  - a) East Asian
  - b) spicy cuisine
  - c) health food
  - d) haute cuisine
- 9) What did the article say miso is added to?
  - a) ingredients
  - b) recipes
  - c) soups
  - d) meat dishes
- 10) What do researchers say salt in miso does not put people at risk of?
  - a) hair loss
  - b) high blood pressure
  - c) weight gain
  - d) cancer

# ROLE PLAY

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

## **Role A – Heart Attack**

You think heart attack is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, cancer or old age.

## **Role B – Malaria**

You think malaria is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): heart attack, cancer or old age.

## **Role C – Cancer**

You think cancer is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, heart attack or old age.

## **Role D – Old Age**

You think old age is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, cancer or heart attack.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

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

| soy | bean |
|-----|------|
|     |      |

- 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"><li>• reasons</li><li>• benefits</li><li>• regularly</li><li>• killers</li><li>• lowered</li><li>• higher</li></ul> | <ul style="list-style-type: none"><li>• rich</li><li>• source</li><li>• boost</li><li>• important</li><li>• paste</li><li>• becoming</li></ul> |
|---|--|

# SOYBEANS SURVEY

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

Write five GOOD questions about soybeans 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.

# SOYBEANS 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 'soybean'?
3. What do you know about soybeans?
4. Why do Japanese people live longer than everyone else?
5. How healthy is the food you eat?
6. What do you know about tofu, natto and miso?
7. How healthy is Japanese food?
8. What food do people in your country eat that is unhealthy?
9. Do you agree with the phrase: 'You are what you eat'?
10. Will you eat more soybean products from now?

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# SOYBEANS 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. What other superfoods do you know about?
15. What are saturated and unsaturated fats?
16. How much do you worry about your weight?
17. What do you know about high blood pressure?
18. What are the benefits and dangers of salt?
19. What new soybean dishes could you make?
20. What questions would you like to ask the researchers?

## **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/2002/200205-soybeans.html>

There are many reasons why Japanese people live longer than the (1) \_\_\_\_\_ of us. One reason might (2) \_\_\_\_\_ soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo (3) \_\_\_\_\_ a study into the health benefits of soybeans and their products. They found that people who (4) \_\_\_\_\_ ate tofu, natto and miso were 10 per cent less likely to die from common killers than people who ate no soybean products. Researchers said eating soybean-based food (5) \_\_\_\_\_ the risk of death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with a lower risk of (6) \_\_\_\_\_."

Soybeans and fermented soybean products are superfoods. They are (7) \_\_\_\_\_ in protein, fibre and unsaturated fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and (8) \_\_\_\_\_ weight loss. Soy is an important part of the (9) \_\_\_\_\_ of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste (10) \_\_\_\_\_ to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not (11) \_\_\_\_\_ people at risk of high blood pressure. Soybean products are becoming more (12) \_\_\_\_\_ around the world.

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

- |     |               |                |                |               |
|-----|---------------|----------------|----------------|---------------|
| 1.  | (a) lest      | (b) pest       | (c) rest       | (d) best      |
| 2.  | (a) be        | (b) do         | (c) have       | (d) eat       |
| 3.  | (a) conducted | (b) contracted | (c) connected  | (d) combined  |
| 4.  | (a) regularly | (b) regulatory | (c) regulars   | (d) regular   |
| 5.  | (a) reduction | (b) fell       | (c) bottomed   | (d) lowered   |
| 6.  | (a) mortal    | (b) mortgage   | (c) mortise    | (d) mortality |
| 7.  | (a) rich      | (b) wealthy    | (c) prosperous | (d) affluent  |
| 8.  | (a) beats     | (b) baste      | (c) boast      | (d) boost     |
| 9.  | (a) cuisine   | (b) quizzing   | (c) cousin     | (d) couscous  |
| 10. | (a) plus      | (b) added      | (c) and        | (d) mixture   |
| 11. | (a) have      | (b) put        | (c) do         | (d) be        |
| 12. | (a) popular   | (b) populate   | (c) populace   | (d) poppy     |



# SPELLING

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

## Paragraph 1

1. There are many saeorns why
2. onuctcded a study
3. likely to die from mocmon killers
4. eating soybean-sabed food
5. the risk of death from heart atkatcs
6. a lower risk of otmlarity

## Paragraph 2

7. They are rich in torepin
8. potassium and other iemarnls
9. lower hoecetsrlol
10. since nicaent times
11. soy ausce
12. at risk of high blood ressupre

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

**Number these lines in the correct order.**

- ( **1** ) There are many reasons why Japanese people live longer than the rest of us. One reason might
- ( ) be soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in
- ( ) pressure. Soybean products are becoming more popular around the world.
- ( ) people who ate no soybean products. Researchers said eating soybean-based food lowered
- ( ) Tokyo conducted a study into the health benefits of soybeans and their products. They found that people who
- ( ) in salt. The researchers said salt in miso does not put people at risk of high blood
- ( ) the risk of death from heart attacks, stroke and other cardiovascular problems. They said:
- ( ) Soybeans and fermented soybean products are superfoods. They are rich in protein, fibre and unsaturated
- ( ) miso (a fermented soybean paste added to soups) and soy sauce. Some scientists say miso is high
- ( ) fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight
- ( ) times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans),
- ( ) loss. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient
- ( ) regularly ate tofu, natto and miso were 10 per cent less likely to die from common killers than
- ( ) "A higher intake of fermented soy products was associated with a lower risk of mortality."

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

1. than live the longer of us . rest people Japanese
2. benefits A soybeans . the into of study health
3. die killers . common Less to from likely
4. of Lowered risk heart death from the attacks .
5. mortality . a risk lower with of Associated
6. a also They are source of potassium .
7. can to cholesterol . lower help fibre Soy
8. most The common are types tofu . products of
9. scientists miso is high salt . Some in say
10. people blood pressure . Put of at high risk

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

There are many reasons *what / why* Japanese people live longer than the rest of us. One reason might *be / eat* soybean products *likely / like* tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo *conducted / conducts* a study into the health benefits of soybeans and their products. They found that people who *regular / regularly* ate tofu, natto and miso were 10 per cent *low / less* likely to die from common killers than people who ate *no / not* soybean products. Researchers said eating soybean-based food lowered the *risk / risky* of death from heart attacks, stroke and other cardiovascular *difficult / problems*. They said: "A higher intake of fermented soy products was associated *with / without* a lower risk of mortality."

Soybeans and fermented soybean products are superfoods. They are *wealthy / rich* in protein, fibre and unsaturated fats. They are also a *source / sauce* of potassium and other *minerals / mines*. Soy fibre can help to lower cholesterol and *boast / boost* weight loss. Soy is an important part *by / of* the cuisine of East Asia, *especially / specialist* in Japan. People in Asia have eaten soy since ancient *timings / times*. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean *piste / paste* added to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people *to / at* risk of high blood pressure. Soybean products are becoming more popular *around / about* the world.

**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)

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Th\_r\_ \_r\_ m\_n y r\_\_ s\_n s w h y J\_p\_n\_s\_ p\_\_ p l\_ l\_v\_ l\_n g\_r t h\_n t h\_ r\_s t \_f \_s . O n\_ r\_\_ s\_n m\_g h t b\_ s\_y b\_\_ n p r\_d\_c t s l\_k\_ t\_f\_, n\_t t\_ \_n d m\_s\_. S c\_\_ n t\_s t s f\_r m t h\_ N\_t\_\_ n\_l I n s t\_t\_t\_ \_f H\_\_ l t h \_n d N\_t r\_t\_\_ n \_n T\_k y\_ c\_n d\_c t\_d \_ s t\_d y \_n t\_ t h\_ h\_\_ l t h b\_n\_f\_t s \_f s\_y b\_\_ n s \_n d t h\_\_ r p r\_d\_c t s . T h\_y f\_\_ n d t h\_t p\_\_ p l\_ w h\_ r\_g\_l\_r l y \_t\_ t\_f\_, n\_t t\_ \_n d m\_s\_ w\_r\_ 10 p\_r c\_n t l\_s s l\_k\_l y t\_ d\_\_ f\_r m c\_m m\_n k\_l l\_r s t h\_n p\_\_ p l\_ w h\_ \_t\_ n\_ s\_y b\_\_ n p r\_d\_c t s . R\_s\_\_ r c h\_r s s\_\_ d \_\_ t\_n g s\_y b\_\_ n - b\_s\_d f\_\_ d l\_w\_r\_d t h\_ r\_s k \_f d\_\_ t h f\_r m h\_\_ r t \_t t\_c k s , s t r\_k\_ \_n d \_t h\_r c\_r d\_\_ v\_s c\_l\_r p\_r b\_l\_m s . T h\_y s\_\_ d : " A h\_g h\_r \_n t\_k\_ \_f f\_r m\_n t\_d s\_y p r\_d\_c t s w\_s \_s s\_c\_\_ t\_d w\_t h \_ l\_w\_r r\_s k \_f m\_r t\_l\_t y . "

S\_y b\_\_ n s \_n d f\_r m\_n t\_d s\_y b\_\_ n p r\_d\_c t s \_r\_ s\_p\_r f\_\_ d s . T h\_y \_r\_ r\_c h \_n p r\_t\_\_ n , f\_b r\_ \_n d \_n s\_t\_r\_t\_d f\_t s . T h\_y \_r\_ l\_s\_ \_ s\_\_ r\_c \_f p\_t\_s s\_\_ m \_n d \_t h\_r m\_n\_r\_l s . S\_y f\_b r\_ c\_n h\_l p t\_ l\_w\_r c\_h\_l\_s\_t\_r\_l \_n d b\_\_ s\_t w\_\_ g\_h t l\_s s . S\_y \_s \_n \_m\_p\_r\_t\_n t p\_r t \_f t h\_ c\_\_ s\_n\_ \_f E\_s t A\_s\_\_ , \_s\_p\_c\_\_ l\_l y \_n J\_p\_n . P\_\_ p l\_ \_n A\_s\_\_ h\_v\_ \_\_ t\_n s\_y s\_n c\_ \_n c\_\_ n t t\_m\_s . T h\_ m\_s t c\_m m\_n t\_y p\_s \_f s\_y p r\_d\_c t s \_r\_ t\_f\_ ( s\_y b\_\_ n c\_r d ) , n\_t t\_ ( f\_r m\_n t\_d s\_y b\_\_ n s ) , m\_s\_ ( \_ f\_r m\_n t\_d s\_y b\_\_ n p\_s t\_ \_d d\_d t\_ s\_\_ p s ) \_n d s\_y s\_\_ c\_ . S\_m\_ s\_c\_\_ n t\_s t s s\_y m\_s\_ \_s h\_g h \_n s\_l t . T h\_ r\_s\_\_ r c h\_r s s\_\_ d s\_l t \_n m\_s\_ d\_\_ s n\_t p\_t p\_\_ p l\_ \_t r\_s k \_f h\_g h b\_l\_\_ d p\_r s\_s\_r\_ . S\_y b\_\_ n p r\_d\_c t s \_r\_ b\_c\_m\_n g m\_r\_ p\_p\_l\_r \_r\_\_ n d t h\_ w\_r l d .

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

there are many reasons why japanese people live longer than the rest of us one reason might be soybean products like tofu natto and miso scientists from the national institute of health and nutrition in tokyo conducted a study into the health benefits of soybeans and their products they found that people who regularly ate tofu natto and miso were 10 per cent less likely to die from common killers than people who ate no soybean products researchers said eating soybeanbased food lowered the risk of death from heart attacks stroke and other cardiovascular problems they said a higher intake of fermented soy products was associated with a lower risk of mortality

soybeans and fermented soybean products are superfoods they are rich in protein fibre and unsaturated fats they are also a source of potassium and other minerals soy fibre can help to lower cholesterol and boost weight loss soy is an important part of the cuisine of east asia especially in japan people in asia have eaten soy since ancient times the most common types of soy products are tofu soybean curd natto fermented soybeans miso a fermented soybean paste added to soups and soy sauce some scientists say miso is high in salt the researchers said salt in miso does not put people at risk of high blood pressure soybean products are becoming more popular around the world

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200205-soybeans.html>

There are many reasons why Japanese people live longer than the rest of us. One reason might be soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo conducted a study into the health benefits of soybeans and their products. They found that people who regularly ate tofu, natto and miso were 10 percent less likely to die from common killers than people who ate no soybean products. Researchers said eating soybean-based food lowered the risk of death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with a lower risk of mortality." Soybeans and fermented soybean products are superfoods. They are rich in protein, fibre and unsaturated fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight loss. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming more popular around the world.







# 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. SOYBEANS:** Make a poster about soybeans. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. CUISINE:** Write a magazine article about making soybeans a part of the cuisine of all countries around the world. 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 soybeans. Ask him/her three questions about them. Give him/her three of your ideas on how to use soybeans in your diet. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

- a F    b F    c F    d T    e T    f F    g T    h F

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Japanese people
2. Tokyo
3. Die from killer diseases
4. Cardiovascular problems
5. A lower risk of mortality
6. A superfood
7. Unsaturated fats
8. East Asian
9. Soups
10. High blood pressure

## WORDS IN THE RIGHT ORDER (p.20)

1. Japanese people live longer than the rest of us.
2. A study into the health benefits of soybeans.
3. Less likely to die from common killers.
4. Lowered the risk of death from heart attacks.
5. Associated with a lower risk of mortality.
6. They are also a source of potassium.
7. Soy fibre can help to lower cholesterol.
8. The most common types of products are tofu.
9. Some scientists say miso is high in salt.
10. Put people at risk of high blood pressure.

## MULTIPLE CHOICE - QUIZ (p.10)

1. d    2. b    3. c    4. a    5. c    6. b    7. d    8. a    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 ;-)