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Level 1 – 10th March, 2022

Study says plant-based diet helps heart a little

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<https://breakingnewsenglish.com/2203/220310-plant-based-diet-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-1.html>

A study says eating lots of vegetables may not greatly reduce the risk of heart attacks. People usually believe it is important to eat vegetables. The study says other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 people took part in the study. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists said people should eat lots of vegetables. Their study found the risk of dying from heart disease was 15 per cent lower for people who ate the most vegetables. However, they said other factors also caused this 15% reduction. A researcher 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 money and lifestyle also affected the 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/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|----------------------|
| 1. greatly reduce the risk | a. we eat |
| 2. it is important | b. vegetables |
| 3. other things may affect | c. or drink |
| 4. These include other things | d. to eat vegetables |
| 5. if we smoke | e. questions |
| 6. 400,000 people took | f. of heart attacks |
| 7. They answered | g. part in the study |
| 8. raw and cooked | h. our heart |

PARAGRAPH TWO:

- | | |
|-------------------------------------|-----------------------|
| 1. people should eat lots | a. disease |
| 2. the risk of dying | b. vegetables |
| 3. people who ate the most | c. the heart |
| 4. Our large study did not find | d. intake |
| 5. a protective effect of vegetable | e. evidence |
| 6. the occurrence of cardiovascular | f. and lifestyle |
| 7. differences in money | g. from heart disease |
| 8. affected | h. of vegetables |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-1.html>

A study (1) _____ of vegetables may not greatly (2) _____ of heart attacks. People usually believe it is important to eat vegetables. The study (3) _____ may affect our heart. These include other things we eat, exercise, (4) _____, our income, and if we smoke or drink. Almost 400,000 people (5) _____ the study. They answered questions about their lifestyle, diet, and what (6) _____ vegetables they ate.

The scientists said people (1) _____ of vegetables. Their study found the (2) _____ from heart disease was 15 per cent lower for people who ate the most vegetables. However, they said (3) _____ caused this 15% reduction. A researcher said: "Our large study did not (4) _____ a protective effect of vegetable intake on (5) _____ cardiovascular disease". He said differences in money and lifestyle also (6) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-1.html>

A study says eating lots of vegetables may not greatly reduce the risk of heart attacks. People usually believe it is important to eat vegetables. The study says other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 people took part in the study. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate. The scientists said people should eat lots of vegetables. Their study found the risk of dying from heart disease was 15 percent lower for people who ate the most vegetables. However, they said other factors also caused this 15% reduction. A researcher 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 money and lifestyle also affected the heart.

VEGETABLES SURVEY

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-4.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.

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) _____

