

Study says plant-based diet helps heart a little

10th March, 2022



A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is essential to eat lots of vegetables to

keep the heart healthy. The new study says other lifestyle factors may affect our health just as much as vegetables. These include other things we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford 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 socioeconomic situation and lifestyle differences" also affected the health of our heart.

Sources: bbc.com / cnn.com / techexplorist.com

Writing

Eating vegetables is the most important thing we can do for our health. Discuss.

Chat

Talk about these words from the article.

study / scientists / vegetables / decade / heart / healthy / exercise / income / smoke / cardiovascular / raw / reduction / evidence / protective / socioeconomic / lifestyle

True / False

- 1) The findings in the study are the same as what doctors always told us. T / F
- 2) Lifestyle affects our health much more than what we eat. T / F
- 3) Researchers looked at data on nearly 400,000 people in Hong Kong. T / F
- 4) People answered questions about what vegetables they ate. T / F
- 5) The researchers said people don't have to eat vegetables. T / F
- 6) People who ate vegetables had a 15% less chance of heart disease. T / F
- 7) A researcher from Oxford University conducted a large study. T / F
- 8) The researcher said our socioeconomic situation affected our health. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|---------------------|
| 1. reduce | a. participated |
| 2. goes against | b. salary |
| 3. income | c. recommended |
| 4. took part | d. circumstances |
| 5. raw | e. cut |
| 6. advised | f. particularly |
| 7. overall | g. uncooked |
| 8. especially | h. played a part in |
| 9. contributed | i. contradicts |
| 10. situation | j. general |

Discussion – Student A

- a) What do you think about what you read?
- b) Why are vegetables so healthy?
- c) How healthy is your lifestyle?
- d) What do you know about cardiovascular health?
- e) What kinds of vegetables are best?
- f) What other things are good for our heart?
- g) Will you eat more vegetables from now?
- h) What questions would you like to ask the scientists?

Phrase Match

- | | |
|--------------------------------------|---------------------------------|
| 1. greatly reduce the | a. part in it |
| 2. This goes against what | b. this 15% reduction |
| 3. whether or not we smoke | c. risk |
| 4. Almost 400,000 people took | d. eat lots of vegetables |
| 5. raw and | e. and drink |
| 6. people should still | f. from cardiovascular disease |
| 7. the risk of dying | g. evidence |
| 8. other factors also contributed to | h. cooked vegetables |
| 9. Our large study did not find | i. differences |
| 10. lifestyle | j. doctors have been telling us |

Discussion – Student B

- How important are vegetables?
- What are your favourite vegetables?
- Should we all become vegetarians?
- What do you do to keep your heart healthy?
- What parts of your lifestyle are not good for your heart?
- Which do you prefer - raw or cooked vegetables?
- Why do people still smoke?
- Why does income affect the health of our heart?

Spelling

- greatly erudce the risk
- telling us for eacddes
- it is nseetisal to eat lots of vegetables
- cfotars may affect our health
- questions about their fseitllye
- awr and cooked vegetables
- good for our heart and verolal health
- this 15% eurtdcion
- Our large study did not find inedevce
- a roeptctive effect of vegetable intake
- cardiovascular iesdase
- differences in socioeconomic iasituton

Answers – Synonym Match

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

Role Play

Role A – Garlic

You think garlic is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, carrots or cucumbers.

Role B – Cabbage

You think cabbage is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): garlic, carrots or cucumbers.

Role C – Carrots

You think carrots are the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, garlic or cucumbers.

Role D – Cucumbers

You think cucumbers are the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, carrots or garlic.

Speaking – Veggies

Rank these with your partner. Put the best veggies at the top. Change partners often and share your rankings.

- | | |
|-------------|-----------|
| • Aubergine | • Spinach |
| • Cucumber | • Garlic |
| • Radish | • Cabbage |
| • Asparagus | • Onion |

Answers – True False

1 F	2 F	3 F	4 T	5 F	6 T	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.