

Coffee and chocolate are the key to a long life

Coffee and chocolate are among the key foods and drinks needed to live a long and healthy life. Tea is another. These form part of a list of 20 "lifespan essential" foodstuffs that has been drawn up by Professor Gary Williamson from the department of food science at Leeds University in England.

Fruits and vegetables dominate the list. All are rich in naturally occurring chemicals, known as polyphenols, which have been linked to a variety of health benefits including protection against heart disease. The 20 suggested lifespan essential foodstuffs on the list: apples, blackberries, black tea, blueberries, broccoli, cereal bran, cherries, cherry tomatoes, coffee, cranberries, dark chocolate, green tea, oranges, peaches, plums, raspberries, red grapes, red onions, spinach and last but not least strawberries.

Professor Williamson said that foodstuffs on the list can also help to slow down the aging process by helping to protect cells from the natural damage that occurs over time. He added, "Epidemiology studies support the protective effects of polyphenol-rich foods. The lack of these components in the diet, because of low intake of fruit and vegetables, increases the risk of chronic disease. This means that they are essential to fulfil the maximum individual lifespan, and so I propose that they are lifespan essential."

There is growing evidence that a diet high in polyphenols, which include naturally-occurring chemicals such as lignin's, tannins and flavonoids, can help to increase an individual's chance of reaching their genetically determined lifespan. A recent study carried out by scientists in the UK, the US and Australia concluded that polyphenols could help protect against heart disease.

Professor Williamson added, "Although they might not be essential for growth and development or the maintenance of major body functions, there is increasing knowledge concerning their potential maintenance or disease risk reduction throughout adulthood and during aging."

Category: Lifestyle / Food / Science
Level: Intermediate / Upper Intermediate

EXERCISES

1. Healthy food: What are your favourite healthy foods? Why? Where do you eat them? With whom? How often do you eat them?

2. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self-correct your work from page one - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

3. Reading: The students should now read the article aloud, swapping readers every paragraph.

4. Vocabulary: Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

5. The article: Students should look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?

6. Let's think! Think of five of your favourite foods. Then add five foods you don't like. Write them below. Then look at No 7. Explain to your partner why you chose these.

Five of your favourite foods	Five foods you don't like
1	1
2	2
3	3
4	4
5	5

The teacher will choose some pairs to discuss their findings in front of the class.

7. Let's chat! Look at what you've written in No 6. Ask yourselves...

- 1) Why these?
- 2) Are the foods you like good for you or not? Why? Why not?
- 3) Which of these foods do you cook?
- 4) Which ones do you prefer to eat in a restaurant?
- 5) Are you a good cook?

8. Let's talk! Food FM: *In pairs/groups.* You are in the Food FM radio studio. One of you is the presenter; the other student(s) is the guest. Today's subject is: **Lifespan essential foods.** *5 minutes.*

9. **Let's discuss: Healthy and unhealthy food:** In pairs. Think of five healthy foods. Then add five unhealthy foods. Discuss together.

Healthy food		Unhealthy food	
1		1	
2		2	
3		3	
4		4	
5		5	

The teacher will choose some pairs to tell their stories in front of the class.

10. **Quick debate:** Students A thinks lifespan essential foods are important. Explain why. Students B prefers junk food. Explain why.

11. **Let's think!** In pairs. On the board write as many words as you can to do with '**Food**'. *One-two minutes*. Compare with other teams. Using your words compile a short dialogue together.

12. **Let's do 'The Article Quiz':** Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) Name three vegetables.
- 2) Sum up the Professors thoughts.
- 3) Name the Professor.
- 4) How many foodstuffs were on the list?
- 5) In which countries was a recent study recently carried out in?

Student B

- 1) Name three fruits.
- 2) Name the university.
- 3) What can foodstuffs on the list also help?
- 4) What do epidemiology studies support?
- 5) What is there growing evidence of?

13. **Let's write an e-mail:** Write and send a 200 word e-mail to your teacher about: **The key to a long life**. Your e-mail can be read out in class.

14. **Sentence starters:** Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) Key foods _____
- b) Coffee _____
- c) I like to eat _____

DISCUSSION

Student A questions

- 1) Did the headline make you want to read the article?
- 2) What are your favourite fruits?
- 3) What fruits don't you like? Why?
- 4) What is the most unusual fruit you have eaten?
- 5) Do you drink fruit juice?
- 6) Which are your favourite fruit juices? Why?
- 7) Do you worry about heart disease?
- 8) Are you a vegetarian?
- 9) Do you eat too much meat?
- 10) Do you like to experiment with your foods?

Student B questions

- 1) What do you think about what you've read?
- 2) What did you eat for breakfast this morning?
- 3) When was the last time you ate a vegetable? What vegetable was it?
- 4) What vegetables do you not eat? Why?
- 5) What are your favourite vegetables?
- 6) Do you know anyone who has a chronic disease?
- 7) What are you doing to prevent yourself getting a chronic disease?
- 8) What other ways are there to avoid heart disease?
- 9) What age do you think you might live to?
- 10) Did you like this discussion?

SPEAKING

I love to eat!

Allow 10-15 minutes – As a class / small groups / pairs / 1 to 1

Consider the following:-

Your favourite:-

Meats, vegetables, fruits, junk food, desserts, restaurant meals, good lifespan
essential foods

The teacher can moderate the session.

GAP FILL: READING:

Put the words into the gaps in the text.

Coffee and chocolate are the key to a long life

Coffee and (1)_____ are among the key foods and drinks needed to live a long and healthy life. (2)_____ is another. These form part of a list of 20 "lifespan essential" (3)_____ that has been drawn up by Professor Gary Williamson from the department of food science at Leeds University in England. Fruits and (4)_____ dominate the list. All are (5)_____ in naturally occurring chemicals, known as polyphenols, which have been linked to a variety of health benefits including protection against (6)_____ disease. The 20 suggested lifespan essential foodstuffs on the list: apples, blackberries, black tea, blueberries, (7)_____, cereal bran, cherries, cherry tomatoes, coffee, cranberries, dark chocolate, green tea, oranges, peaches, plums, raspberries, red grapes, red onions, spinach and last but not least (8)_____.

Professor Williamson said that foodstuffs on the list can also help to slow down the (1)_____ process by helping to protect cells from the natural (2)_____ that occurs over time. He added, "Epidemiology studies support the protective effects of polyphenol-rich foods. The (3)_____ of these components in the (4)_____, because of low intake of (5)_____ and vegetables, increases the risk of chronic disease. This means that they are essential to fulfil the maximum individual lifespan, and so I propose that they are lifespan essential." There is growing evidence that a diet high in polyphenols, which include naturally-occurring chemicals such as lignin's, tannins and flavonoids, can help to increase an individual's chance of reaching their (6)_____ determined lifespan. A recent (7)_____ carried out by scientists in the UK, the US and Australia concluded that polyphenols could help protect against heart (8)_____.

strawberries

heart

foodstuffs

tea

rich

vegetables

broccoli

chocolate

genetically

disease

lack

study

aging

damage

fruit

diet

GAP FILL: LISTENING

Listen and fill in the spaces.

Coffee and chocolate are the key to a long life

Coffee and chocolate _____ foods and drinks needed to live a long and healthy life. _____. These form part of a list of 20 "lifespan essential" foodstuffs that has been drawn up by Professor Gary Williamson from the _____ at Leeds University in England. Fruits and vegetables dominate the list. All are rich in naturally occurring chemicals, known as polyphenols, _____ linked to a variety of health benefits including protection against heart disease. The 20 suggested lifespan essential foodstuffs on the list: apples, blackberries, black tea, blueberries, broccoli, cereal bran, cherries, cherry tomatoes, coffee, cranberries, _____, green tea, oranges, peaches, plums, raspberries, red grapes, red onions, spinach and _____ strawberries.

Professor Williamson said that foodstuffs on the list _____ slow down the aging process by helping to protect cells from the natural damage that occurs over time. He added, "Epidemiology studies support the protective effects of polyphenol-rich foods. _____ components in the diet, because of low intake of fruit and vegetables, increases the risk of chronic disease. _____ are essential to fulfil the maximum individual lifespan, and so I propose that they are lifespan essential." There is growing evidence that a diet high in polyphenols, which include naturally-occurring chemicals such as lignin's, tannins and flavonoids, can _____ individual's chance of reaching their genetically determined lifespan. A recent study carried out by scientists in the UK, the US and Australia concluded that polyphenols could help protect against heart disease. Professor Williamson added, "Although they might not be essential for growth and development or the maintenance of major body functions, there is increasing knowledge concerning their _____ or disease risk reduction _____ and during aging."

GRAMMAR

Put the words into the gaps in the text.

Coffee and chocolate are the key to a long life

Coffee (1)___ chocolate are among the key foods and drinks needed to live a long and healthy life. Tea is another. These form part of (2)___ list of 20 "lifespan essential" foodstuffs that has been drawn up (3)___ Professor Gary Williamson from (4)___ department of food science at Leeds University in England. Fruits and vegetables dominate the list. (5)___ are rich (6)___ naturally occurring chemicals, known (7)___ polyphenols, which have been linked to a variety of health benefits including protection against heart disease. The 20 suggested lifespan essential foodstuffs (8)___ the list: apples, blackberries, black tea, blueberries, broccoli, cereal bran, cherries, cherry tomatoes, coffee, cranberries, dark chocolate, green tea, oranges, peaches, plums, raspberries, red grapes, red onions, spinach and last but not least strawberries.

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Professor Williamson said that foodstuffs on the list can (1)___ help to slow down the aging process by helping to protect cells from the natural damage that occurs over time. He added, "Epidemiology studies support the protective effects of polyphenol-rich foods. The lack of (2)___ components in the diet, because of low intake of fruit and vegetables, increases the risk of chronic disease. This means that (3)___ are essential to fulfil the maximum individual lifespan, and so I propose (4)___ they are lifespan essential." (5)___ is growing evidence that a diet high in polyphenols, (6)___ include naturally-occurring chemicals such as lignin's, tannins and flavonoids, can help to increase an individual's chance of reaching (7)___ genetically determined lifespan. A recent study carried out by scientists in the UK, the US and Australia concluded that polyphenols (8)___ help protect against heart disease.

these

there

which

also

they

could

that

their



SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings:

Pass = 12, Good = 15, Very good = 18, Excellent = 20

1	protect	11	polyphenol
2	maximum	12	process
3	cranberries	13	epidemiology
4	throughout	14	broccoli
5	maintenance	15	lifespan
6	flavonoids	16	individual
7	genetically	17	spinach
8	potential	18	adulthood
9	although	19	lignin
10	disease	20	foodstuffs

LINKS

<http://www.telegraph.co.uk/health/3223650/Coffee-and-chocolate-are-the-key-to-long-life.html>

http://health.infoniac.com/coffee_tea_chocolate_secret_longevity.html

<http://www.thomascoffee.com/blog/?m=201009>

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