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## **Vegetarian diet reduces cancer risk**

<http://www.breakingnewsenglish.com/0903/090317-vegetarians.html>

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17th March, 2009

## THE ARTICLE

A decade-long study in the United Kingdom has found that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that includes meat. This latest research is one of the biggest studies to compare cancers in vegetarians and non-vegetarians. The researchers tracked the health of 63,550 men and women aged between 20 and 89. They separated people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly lower” number of cancers among the fish-eaters and vegetarians compared with those who ate meat. The study suggests being vegetarian could protect people against cancer.

The findings of the research have been published in the March 2009 edition of the 'American Journal of Clinical Nutrition'. Lead researcher Professor Timothy Key said his study was the first major research to look at the link between diet and cancer. "It suggests there might be some reduction in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the increase around the world. People are becoming more and more health conscious and are eating less meat, or cutting it out altogether. Some people choose a strict vegetarian diet that excludes all animal products. This means no dairy products or honey. Less strict vegetarians eat eggs and fish.

# WARM-UPS

**1. MEAT:** Walk around the class and talk to other students about meat. Change partners often. After you finish, sit with your partner(s) and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*decade / studies / cancer / experts / the latest research / vegetarians / comparisons / findings / nutrition / diets / being more health conscious / animal products / honey*

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

**3. DIETS:** Are you happy with what you eat? Complete the table. Talk about what you wrote with your partner(s). Change partners and share what you found out.

Diet	Health benefits / costs	I could (not) follow this because
Strict vegetarian		
Less strict vegetarian		
Fast Food		
Meat-based		
Fruitarian		
Liquid		

**4. HEALTHY:** Students A **strongly** believe everyone in the world should be vegetarian to save the planet; Students B **strongly** believe vegetarianism is totally unnecessary. Change partners again and talk about your conversations.

**5. CANCER:** What do you think is the best way to prevent cancer? Rank the following in order. Change partners and talk about your ranking.

- |                             |                                     |
|-----------------------------|-------------------------------------|
| _____ vegetarian diet       | _____ avoiding cigarettes / alcohol |
| _____ using sun screen      | _____ not having a microwave        |
| _____ exercise              | _____ living a stress-free life     |
| _____ regular health checks | _____ living in the countryside     |

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

# BEFORE READING / LISTENING

**1. TRUE / FALSE:** Look at the article's headline and guess whether these sentences are true (T) or false (F):

- |  |       |
|--|-------|
| a. The article talks about a 10-year-long study into cancer.                   | T / F |
| b. The study in the article is the biggest ever to look at cancer and diet.    | T / F |
| c. Researchers studied the health of teenagers and centenarians.               | T / F |
| d. The study concludes that being vegetarian could benefit your health.        | T / F |
| e. The study's findings are not yet published anywhere.                        | T / F |
| f. A researcher said it was the first big study to look at a diet-cancer link. | T / F |
| g. A greater number of people around the world are becoming vegetarian.        | T / F |
| h. Strict vegetarians should not eat cheese, yoghurt or honey.                 | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article:

- |               |                |
|---------------|----------------|
| 1. decade     | a. divided     |
| 2. common     | b. conclusions |
| 3. tracked    | c. connection  |
| 4. separated  | d. ten years   |
| 5. protect    | e. widespread  |
| 6. findings   | f. aware       |
| 7. link       | g. followed    |
| 8. conscious  | h. safeguard   |
| 9. altogether | i. rules out   |
| 10. excludes  | j. completely  |

**3. PHRASE MATCH:** Match the following phrases from the article (sometimes more than one. combination is possible):

- |   |                          |
|---|--------------------------|
| 1. A decade-long                          | a. all animal products   |
| 2. cancer is less common                  | b. who ate meat          |
| 3. The researchers tracked the            | c. among vegetarians     |
| 4. compared with those                    | d. diet and cancer       |
| 5. being vegetarian could protect         | e. have been published   |
| 6. The findings of the research           | f. eat eggs and fish     |
| 7. look at the link between               | g. study                 |
| 8. People are becoming more and           | h. health of 63,550 men  |
| 9. a strict vegetarian diet that excludes | i. people against cancer |
| 10. Less strict vegetarians               | j. more health conscious |

# WHILE READING / LISTENING

**GAP FILL:** Put the words into the gaps in the text.

A decade-long study in the United Kingdom has \_\_\_\_\_ that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that \_\_\_\_\_ meat. This latest research is one of the biggest \_\_\_\_\_ to compare cancers in vegetarians and non-vegetarians. The researchers \_\_\_\_\_ the health of 63,550 men and women aged between 20 and 89. They \_\_\_\_\_ people into different groups - meat-eaters, fish-eaters, and vegetarians. The research team reported a "significantly \_\_\_\_\_" number of cancers among the fish-eaters and vegetarians compared with \_\_\_\_\_ who ate meat. The study suggests being vegetarian could protect people \_\_\_\_\_ cancer.

*lower*  
*studies*  
*separated*  
*against*  
*found*  
*includes*  
*tracked*  
*those*

The \_\_\_\_\_ of the research have been published in the March 2009 edition of the 'American Journal of Clinical Nutrition'. Lead researcher Professor Timothy Key said his study was the first \_\_\_\_\_ research to look at the link between diet and cancer. "It suggests there might be some \_\_\_\_\_ in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the \_\_\_\_\_ around the world. People are becoming more and more health \_\_\_\_\_ and are eating less meat, or cutting it out \_\_\_\_\_. Some people choose a strict vegetarian diet that \_\_\_\_\_ all animal products. This means no dairy products or honey. Less \_\_\_\_\_ vegetarians eat eggs and fish.

*increase*  
*excludes*  
*findings*  
*altogether*  
*major*  
*strict*  
*reduction*  
*conscious*

## **LISTENING:** Listen and fill in the spaces.

A decade-long study in the United Kingdom \_\_\_\_\_ cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier \_\_\_\_\_ includes meat. This latest research is one of the biggest studies to compare cancers in vegetarians and non-vegetarians. The researchers \_\_\_\_\_ of 63,550 men and women \_\_\_\_\_ and 89. They separated people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly lower” number of \_\_\_\_\_ fish-eaters and vegetarians compared with those who ate meat. The study suggests being vegetarian \_\_\_\_\_ against cancer.

The findings of the research have been published in the March 2009 \_\_\_\_\_ ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study \_\_\_\_\_ research to look at the link between diet and cancer. "It suggests there \_\_\_\_\_ reduction in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the increase around the world. People are becoming more and \_\_\_\_\_ and are eating less meat, or cutting it out altogether. Some people choose a strict vegetarian diet \_\_\_\_\_ animal products. This means no \_\_\_\_\_ honey. Less strict vegetarians eat eggs and fish.

## AFTER READING / LISTENING

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

<b>health</b>	<b>expert</b>
---------------	---------------

- 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>• common</li><li>• includes</li><li>• latest</li><li>• tracked</li><li>• lower</li><li>• suggests</li></ul>	<ul style="list-style-type: none"><li>• edition</li><li>• major</li><li>• reduction</li><li>• increase</li><li>• conscious</li><li>• excludes</li></ul>
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# STUDENT VEGETARIANISM SURVEY

Write five GOOD questions about vegetarianism 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.



# VEGETARIANISM DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'vegetarian'?
- c) What do you think of vegetarianism?
- d) Would you change your diet to avoid being ill?
- e) Do you think eating meat is unhealthy?
- f) How healthy or unhealthy is your diet?
- g) Do you think the environment would be in a better condition if we were all vegetarians?
- h) Some say eating meat makes people more violent. Do you agree?
- i) Do we need to eat meat?
- j) If we all became vegetarians, would the world suddenly be full of pigs, cows, sheep and chickens?

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# VEGETARIANISM DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article?
- b) Do you like reading about diet and health?
- c) Why do you think it has taken so long to do a major study on cancer and diet?
- d) What do you think of the argument that it is wrong to kill animals?
- e) Are strict vegetarians healthier than vegetarians who eat dairy products and honey?
- f) Have you ever changed your diet?
- g) What effects would vegetarianism have on your country's health?
- h) Should fast food restaurants offer more vegetarian choices?
- i) Are the vegetarians you know happier and healthier?
- j) What questions would you ask Professor Timothy Key?

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# LANGUAGE

A decade-(1) \_\_\_\_ study in the United Kingdom has found that cancer is less common among vegetarians. Health (2) \_\_\_\_ have always thought that a vegetarian diet is healthier than one that includes meat. This latest research is one of the biggest studies (3) \_\_\_\_ compare cancers in vegetarians and non-vegetarians. The researchers tracked the health of 63,550 men and women aged between 20 and 89. They separated people (4) \_\_\_\_ different groups - meat-eaters, fish-eaters, and vegetarians. The research team (5) \_\_\_\_ a "significantly lower" number of cancers among the fish-eaters and vegetarians compared with those who ate meat. The study suggests (6) \_\_\_\_ vegetarian could protect people against cancer.

The findings of the research (7) \_\_\_\_ been published in the March 2009 edition of the 'American Journal of Clinical Nutrition'. Lead researcher Professor Timothy Key said his study was the first major research to look at the (8) \_\_\_\_ between diet and cancer. "It suggests there might be some (9) \_\_\_\_ in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is (10) \_\_\_\_ the increase around the world. People are becoming more and more health conscious and are eating less meat, or cutting it (11) \_\_\_\_ altogether. Some people (12) \_\_\_\_ a strict vegetarian diet that excludes all animal products. This means no dairy products or honey. Less strict vegetarians eat eggs and fish.

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

- |     |             |              |                |               |
|-----|-------------|--------------|----------------|---------------|
| 1.  | (a) lengthy | (b) longest  | (c) length     | (d) long      |
| 2.  | (a) experts | (b) expertly | (c) expertise  | (d) expert    |
| 3.  | (a) by      | (b) for      | (c) to         | (d) at        |
| 4.  | (a) out     | (b) into     | (c) on         | (d) up to     |
| 5.  | (a) report  | (b) reported | (c) reportedly | (d) reporting |
| 6.  | (a) been    | (b) be       | (c) being      | (d) was       |
| 7.  | (a) have    | (b) having   | (c) had        | (d) haves     |
| 8.  | (a) sink    | (b) mink     | (c) wink       | (d) link      |
| 9.  | (a) reduces | (b) reducing | (c) reduced    | (d) reduction |
| 10. | (a) in      | (b) on       | (c) onto       | (d) up        |
| 11. | (a) out     | (b) up       | (c) in         | (d) off       |
| 12. | (a) chosen  | (b) choosy   | (c) choose     | (d) choice    |



# 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 vegetarianism. Share what you discover with your partner(s) in the next lesson.

**3. DIETS:** Make a poster about different kinds of diets. Show how each one could improve or be bad for your health. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. VEGETARIAN:** Write a magazine article about a vegetarian diet. Include imaginary interviews with a vegetarian and someone who loves meat.

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. LETTER:** Write a letter to Professor Timothy Key. Ask him three questions about his study. Give him three ideas on what he should do to promote vegetarianism. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE:

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

## SYNONYM MATCH:

- |               |                |
|---------------|----------------|
| 1. decade     | a. ten years   |
| 2. common     | b. widespread  |
| 3. tracked    | c. followed    |
| 4. separated  | d. divided     |
| 5. protect    | e. safeguard   |
| 6. findings   | f. conclusions |
| 7. link       | g. connection  |
| 8. conscious  | h. aware       |
| 9. altogether | i. completely  |
| 10. excludes  | j. rules out   |

## PHRASE MATCH:

- |   |                          |
|---|--------------------------|
| 1. A decade-long                          | a. study                 |
| 2. cancer is less common                  | b. among vegetarians     |
| 3. The researchers tracked the            | c. health of 63,550 men  |
| 4. compared with those                    | d. who ate meat          |
| 5. being vegetarian could protect         | e. people against cancer |
| 6. The findings of the research           | f. have been published   |
| 7. look at the link between               | g. diet and cancer       |
| 8. People are becoming more and           | h. more health conscious |
| 9. a strict vegetarian diet that excludes | i. all animal products   |
| 10. Less strict vegetarians               | j. eat eggs and fish     |

## GAP FILL:

### Vegetarian diet reduces cancer risk

A decade-long study in the United Kingdom has **found** that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that **includes** meat. This latest research is one of the biggest **studies** to compare cancers in vegetarians and non-vegetarians. The researchers **tracked** the health of 63,550 men and women aged between 20 and 89. They **separated** people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a "significantly **lower**" number of cancers among the fish-eaters and vegetarians compared with **those** who ate meat. The study suggests being vegetarian could protect people **against** cancer.

The **findings** of the research have been published in the March 2009 edition of the 'American Journal of Clinical Nutrition'. Lead researcher Professor Timothy Key said his study was the first **major** research to look at the link between diet and cancer. "It suggests there might be some **reduction** in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the **increase** around the world. People are becoming more and more health **conscious** and are eating less meat, or cutting it out **altogether**. Some people choose a strict vegetarian diet that **excludes** all animal products. This means no dairy products or honey. Less **strict** vegetarians eat eggs and fish.

## LANGUAGE WORK

- 1 - d    2 - a    3 - c    4 - b    5 - b    6 - c    7 - a    8 - d    9 - d    10 - b    11 - a    12 - c