

Processed meat causes cancer, says WHO

29th October, 2015



A new report from the World Health Organisation (WHO) says processed meat causes cancer. Processed meat includes bacon, hot dogs, ham and sausages, as well as canned meat

and meat-based sauces. The report was made by the International Agency for Research on Cancer (IARC). It said it was important to tell the world about the danger of processed meat because of the large number of people who eat it and get cancer. The report says that eating just 50g of processed meat a day increases the chance of developing certain types of cancer by 18 per cent. Fifty grams is just two slices of bacon or one sausage. The WHO also said eating red meat carried a risk of developing cancer.

Although the WHO warned people about the risk of eating too much processed and red meat, it did say that meat had health benefits. Meat has many important vitamins and minerals. The WHO said people should cut down on the amount of processed meat they eat. People should also eat more food that contains fibre, such as fruit and vegetables, so they have a balanced diet. The meat industry is not happy with some of the details of the report. It does not like the fact that the IARC put processed meat in the same group as tobacco and alcohol. A spokesperson said processed meat is not as harmful as alcohol or tobacco. The North American Meat Institute called the report would unnecessarily scare people.

Sources: *BBC / CNN / UN.org*

Writing

We should all be vegetarian. Discuss.

Chat

Talk about these words from the article.

report / hot dogs / canned meat / danger / research / developing / red meat / risk / eating / health benefits / vitamins / minerals / balanced diet / alcohol / scare

True / False

- The news from the WHO comes from an old report about meat. T / F
- The WHO said meat-based sauces can also lead to cancer. T / F
- The WHO said 50g a day of processed meat has no risk of cancer. T / F
- The report said there is no risk of developing cancer with red meat. T / F
- The WHO said red meat had health benefits. T / F
- The report put processed meat in the same group as tobacco. T / F
- A meat industry spokesperson said meat isn't as harmful as alcohol. T / F
- A meat institute said the report would scare people. T / F

Synonym Match

- | | |
|----------------|---------------|
| 1. causes | a. advantages |
| 2. risk | b. adds to |
| 3. tell | c. total |
| 4. increases | d. chance |
| 5. developing | e. frighten |
| 6. benefits | f. leads to |
| 7. cut down on | g. getting |
| 8. amount | h. class |
| 9. group | i. inform |
| 10. scare | j. reduce |

Discussion – Student A

- How important is meat for us?
- Should we not eat processed meat and red meat?
- What do you think about what you read?
- Should processed meat carry a health warning like cigarettes?
- Should we all become vegetarians?
- Which is better, chicken or red meat?
- Are there too many reports that tell us food is bad for us?
- Why is all the most delicious food bad for us?

Phrase Match

- | | |
|--------------------------------------|------------------------|
| 1. canned meat and meat- | a. down on the amount |
| 2. the large number of people | b. two slices of bacon |
| 3. eating just 50g of processed meat | c. as alcohol |
| 4. Fifty grams is just | d. based sauces |
| 5. eating red meat carried | e. who eat it |
| 6. meat had health | f. scare people |
| 7. people should cut | g. diet |
| 8. they have a balanced | h. a risk |
| 9. not as harmful | i. benefits |
| 10. the report would unnecessarily | j. a day |

Discussion – Student B

- Why might vegetarians be healthier than meat eaters?
- Should the government give better education about diets?
- Why do you think the meat industry is unhappy?
- How balanced is your diet?
- Which is better, fish or meat?
- Is it fair to put meat in the same group as alcohol?
- Do you think this report will "unnecessarily scare people"?
- What questions would you like to ask the WHO?

Spelling

- Processed meat elsducni bacon
- it was omritptan to tell the world
- the rnedag of processed meat
- riasecesn the chance of
- two scisle of bacon
- a risk of enpvedoliq cancer
- ivmtiasn and minerals
- fruit and bgstateelve
- The meat rtiydnsu is not happy
- in the same group as actocob
- not as harmful as hcoalol
- unnecessarily secre people

Answers – Synonym Match

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

Role Play

Role A – Red meat

You think red meat is the worst thing we can eat. Tell the others three reasons why. Tell them things that are not so bad about their things. Also, tell the others which is the least harmful of these (and why): pizza, cola or popcorn.

Role B – Pizza

You think pizza is the worst thing we can eat. Tell the others three reasons why. Tell them things that are not so bad about their things. Also, tell the others which is the least harmful of these (and why): red meat, cola or popcorn.

Role C – Cola

You think cola is the worst thing we can eat. Tell the others three reasons why. Tell them things that are not so bad about their things. Also, tell the others which is the least harmful of these (and why): pizza, red meat or popcorn.

Role D – Popcorn

You think popcorn is the worst thing we can eat. Tell the others three reasons why. Tell them things that are not so bad about their things. Also, tell the others which is the least harmful of these (and why): pizza, cola or red meat.

Speaking – Cut down

Rank these with your partner. Put the things we should cut down on at the top. Change partners often and share your rankings.

- | | |
|-------------|--------------|
| • red meat | • burgers |
| • chocolate | • cola |
| • pizza | • sandwiches |
| • cookies | • popcorn |

Answers – True False

a	F	b	T	c	F	d	F	e	T	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.