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Level 4

Coffee can help you live longer

19th November, 2015

<http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

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Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

There is good news for coffee lovers. A new report says coffee helps you live longer. Studies show that coffee reduces the risk of heart disease, type 2 diabetes, other life-threatening illnesses, and suicide. Researchers looked at over 200,000 people who drank up to five cups of coffee a day. Researcher Dr Frank Hu said this much coffee may have health benefits in terms of reducing premature death from several diseases.

Scientists have been looking at why coffee provides so many health benefits. Many reports highlight the positive effects it has on the body. Dr Hu said it was still unclear why. He said: "Coffee is a complex beverage. It's very difficult to pinpoint which component of coffee is responsible for which benefit." Researchers said that while coffee has health benefits, things added to it, such as cream, sugar and sweeteners, do not.

Sources: <http://www.cbsnews.com/news/coffee-drinking-linked-to-a-longer-life/>
<http://www.medicaldaily.com/cup-joe-may-lower-risk-death-disease-benefits-drinking-coffee-extend-lifespan-361780>
<http://cnnphilippines.com/lifestyle/2015/11/17/Coffee-could-literally-be-a-lifesaver.html>

MATCHING

From <http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|---------------------------|
| 1. There is good news for coffee | a. live longer |
| 2. coffee helps you | b. have health benefits |
| 3. coffee reduces the risk | c. death |
| 4. life-threatening | d. to five cups of coffee |
| 5. Researchers looked at | e. of heart disease |
| 6. people who drank up | f. lovers |
| 7. this much coffee may | g. over 200,000 people |
| 8. reducing premature | h. illnesses |

PARAGRAPH TWO:

- | | |
|---|----------------------|
| 1. Scientists have been looking | a. unclear why |
| 2. highlight the positive | b. to it |
| 3. Dr Hu said it was still | c. for which benefit |
| 4. Coffee is a complex | d. at why |
| 5. It's very difficult to | e. and sweeteners |
| 6. which component of coffee is responsible | f. effects it has |
| 7. things added | g. beverage |
| 8. such as cream, sugar | h. pinpoint |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

There is (1) _____ coffee lovers. A new report says coffee helps (2) _____. Studies show that coffee reduces the risk of heart disease, type 2 diabetes, other (3) _____ illnesses, and suicide. Researchers (4) _____ 200,000 people who (5) _____ five cups of coffee a day. Researcher Dr Frank Hu said this much coffee may have health benefits in terms of reducing premature death from (6) _____.

Scientists have been (7) _____ coffee provides so many health benefits. Many reports highlight (8) _____ it has on the body. Dr Hu said it was (9) _____. He said: "Coffee is a complex beverage. It's very difficult (10) _____ component of coffee is responsible (11) _____."

Researchers said that while coffee has health benefits, (12) _____, such as cream, sugar and sweeteners, do not.

COFFEE SURVEY

From <http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

Write five GOOD questions about coffee 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)

g)

h)

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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)

g)

h)

FREE WRITING

From <http://www.breakingnewsenglish.com/1511/151119-coffee-4.html>

Write about **coffee** for 10 minutes. Comment on your partner’s paper.
