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Chocolate is good for your heart

<http://www.breakingnewsenglish.com/1004/100402-chocolate.html>

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

A study carried out in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their diet to the number of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate is not as bad as we used to think, and may even lower the risk of heart disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate exhibits the greatest effects, milk chocolate fewer, and white chocolate no effects," he said.

The German study showed that people who ate the most chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as much as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols are good for our heart. Flavonols also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Buijsse warns people not to suddenly eat lots of chocolate: "Eating higher amounts will most likely result in weight gain. If people start eating small amounts of chocolate, it should replace something else, preferably other high-calorie sweets or snacks."

WARM-UPS

1. CHOCOLATE: Walk around the class and talk to other students about chocolate. Change partners often. Sit with your first 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.

studies / fantastic news / research / diet / heart attacks / milk chocolate / risks / suffering a stroke / nutrition / blood pressure / weight gain / calories / sweets / snack

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

3. NAUGHTY BUT NICE: Complete this table. Talk with your partner(s) about what you wrote. Change partners and share what you heard.

Things	Good / Bad (why)	These things in my life
Chocolate		
Television		
Fast food		
Coffee / Cola		
Spending lots of money		
Gossip		

4. HEALTH: Students A **strongly** believe that one day, we will all eat very healthily; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. HEALTHY: Are these healthy? Rate them and share your ratings with your partner: 10 = Super healthy 1 = Will send you to an early grave Change partners and share again.

- chocolate
- KFC
- cheese
- red wine
- raw fish (sushi / sashimi)
- pizza
- ice cream
- coffee

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

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. The article says German chocolate is the healthiest in the world. | T / F |
| b. A study looked at 20,000 people over an eight-year period. | T / F |
| c. Researchers followed people who were on a chocolate diet. | T / F |
| d. Researchers found white chocolate helped reduce heart attacks. | T / F |
| e. Chocolate cut the chances of strokes more than heart attacks. | T / F |
| f. Chemicals in chocolate called flavonols are not found in nature. | T / F |
| g. The lead researcher warned people not to eat too much chocolate. | T / F |
| h. The researcher suggested replacing sweets with chocolate. | T / F |

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

- | | |
|----------------|-----------------|
| 1. found | a. chance |
| 2. fantastic | b. experiencing |
| 3. extensive | c. cut |
| 4. risk | d. volumes |
| 5. exhibits | e. discovered |
| 6. reduced | f. wide-ranging |
| 7. suffering | g. mixtures |
| 8. compounds | h. wonderful |
| 9. amounts | i. if possible |
| 10. preferably | j. shows |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|---------------------------|
| 1. chocolate may | a. of heart disease |
| 2. This is fantastic news for | b. called flavonols |
| 3. They compared how much chocolate | c. eat lots of chocolate |
| 4. lower the risk | d. be good for your heart |
| 5. dark chocolate was the healthiest | e. stroke was cut |
| 6. at least one | f. sweets or snacks |
| 7. The risk of suffering a | g. was in their diet |
| 8. natural compounds in chocolate | h. kind to eat |
| 9. Buijsse warns people not to suddenly | i. bar per week |
| 10. other high-calorie | j. all chocolate lovers |

WHILE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

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

A study _____ out in Germany has found that chocolate may be good for your heart. This is _____ news for all chocolate _____. The extensive research was conducted over eight years. The research team followed the chocolate-eating _____ and health of almost 20,000 people. They compared how much chocolate was in their _____ to the number of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate is not as bad as we used to think, and may even lower the _____ of heart disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest _____ to eat: "Dark chocolate exhibits the _____ effects, milk chocolate fewer, and white chocolate no effects," he said.

diet
lovers
kind
carried
greatest
habits
fantastic
risk

The German study showed that people who ate the most chocolate (at _____ one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was _____ by as much as 48 per cent. Nutrition _____ believe that natural compounds in chocolate called flavonols are good for our heart. Flavonols also help reduce blood _____. They are found in cocoa beans so dark chocolate (which has more cocoa) _____ more of them than milk chocolate (which has more fat). Buijsse warns people not to _____ eat lots of chocolate: "Eating higher amounts will most likely result in weight _____. If people start eating small amounts of chocolate, it should replace something _____, preferably other high-calorie sweets or snacks."

suddenly
cut
pressure
else
experts
least
gain
contains

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LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

_____ Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate-_____ of almost 20,000 people. They compared how much chocolate was in _____ of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate _____ used to think, and may even _____ disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate _____, milk chocolate fewer, and white chocolate no effects," he said.

The German study showed that _____ chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke _____ 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols _____. Flavonols also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has more cocoa) _____ than milk chocolate (which has more fat). Buijsse warns people _____ lots of chocolate: "Eating higher amounts will most likely result in weight gain. If people start _____ chocolate, it should replace something else, preferably other high-calorie sweets or snacks."

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'heart' and 'attack'.

heart	attack
--------------	---------------

- 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">• carried• lovers• diet• bad• healthiest• milk	<ul style="list-style-type: none">• least• risk• blood• suddenly• gain• calorie
---	--

STUDENT CHOCOLATE SURVEY

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

Write five GOOD questions about chocolate 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.

CHOCOLATE 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 'chocolate'?
- c) How important is chocolate in your life?
- d) Will you eat more chocolate if it's healthy for you?
- e) What do you think of this research?
- f) Do you prefer dark, milk or white chocolate (why)?
- g) Have you changed your chocolate-eating habits since you were a child?
- h) What part does chocolate play in your country's culture?
- i) Can you describe how you eat chocolate (what happens in your mouth)?
- j) What's the best chocolate in the world?

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CHOCOLATE DISCUSSION

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

- a) Did you like reading this article?
- b) Do you think the study in this article is an important one?
- c) Do you ever worry about eating chocolate?
- d) Do you think it's OK to give chocolate to children?
- e) What other benefits are there of eating chocolate?
- f) What's your favourite chocolate dessert (and why)?
- g) What's the most you'd pay for a bar of chocolate?
- h) Will you now eat more dark chocolate instead of other sweets and snacks?
- i) Why is chocolate so nice (or not nice)?
- j) What questions would you like to ask Brian Buijsse?

LANGUAGE – MULTIPLE CHOICE

From <http://www.BreakingNewsEnglish.com/1004/100402-chocolate.html>

A study carried (1) _____ in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted (2) _____ eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their (3) _____ to the number of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate is not as bad as we used to think, and may even (4) _____ the risk of heart disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate (5) _____ the greatest effects, milk chocolate (6) _____, and white chocolate no effects," he said.

The German study showed that people who ate the most chocolate (at least one (7) _____ per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as (8) _____ as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols are good for our heart. Flavonols also help reduce blood pressure. They are found in cocoa beans (9) _____ dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Buijsse warns people (10) _____ to suddenly eat lots of chocolate: "Eating higher amounts will most (11) _____ result in weight gain. If people start eating small amounts of chocolate, it should replace something else, (12) _____ other high-calorie sweets or snacks."

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

- | | | | | |
|-----|----------------|----------------|----------------|----------------|
| 1. | (a) in | (b) on | (c) out | (d) up |
| 2. | (a) under | (b) around | (c) above | (d) over |
| 3. | (a) diet | (b) food | (c) weight | (d) nutrition |
| 4. | (a) low | (b) lower | (c) lowly | (d) lows |
| 5. | (a) exhibition | (b) exhibits | (c) exhibited | (d) exhibit |
| 6. | (a) fewer | (b) lower | (c) least | (d) last |
| 7. | (a) par | (b) ear | (c) bar | (d) tar |
| 8. | (a) more | (b) many | (c) most | (d) much |
| 9. | (a) so | (b) as | (c) such | (d) should |
| 10. | (a) now | (b) no | (c) not | (d) non |
| 11. | (a) liked | (b) likely | (c) likelihood | (d) likes |
| 12. | (a) prefer | (b) preference | (c) prefers | (d) preferably |

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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 chocolate and health. Share what you discover with your partner(s) in the next lesson.

3. CHOCOLATE: Make a poster about chocolate around the world. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CHOCOLATE LOVERS: Write a magazine article about two people who love chocolate. Include imaginary interviews with them.

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 a chocolate expert. Ask him/her three questions about chocolate. Give him/her three of your favorite chocolate stories. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|----------------|-----------------|
| 1. found | a. discovered |
| 2. fantastic | b. wonderful |
| 3. extensive | c. wide-ranging |
| 4. risk | d. chance |
| 5. exhibits | e. shows |
| 6. reduced | f. cut |
| 7. suffering | g. experiencing |
| 8. compounds | h. mixtures |
| 9. amounts | i. volumes |
| 10. preferably | j. if possible |

PHRASE MATCH:

- | | |
|---|---------------------------|
| 1. chocolate may | a. be good for your heart |
| 2. This is fantastic news for | b. all chocolate lovers |
| 3. They compared how much chocolate | c. was in their diet |
| 4. lower the risk | d. of heart disease |
| 5. dark chocolate was the healthiest | e. kind to eat |
| 6. at least one | f. bar per week |
| 7. The risk of suffering a | g. stroke was cut |
| 8. natural compounds in chocolate | h. called flavonols |
| 9. Buijsse warns people not to suddenly | i. eat lots of chocolate |
| 10. other high-calorie | j. sweets or snacks |

GAP FILL:

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LANGUAGE WORK

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

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