

## Coffee drinkers may live longer

13th July, 2017



There is potentially good news for coffee lovers. Drinking three or more cups of coffee a day may help people live longer. This is according to a 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at

health data on over half a million people over the age of 35 from 10 European countries. They suggest that drinking more coffee is linked to a lower risk of death, particularly from heart diseases. This study showed that people who had a daily minimum of three cups of coffee were 8-18% less likely to die from health problems than non-coffee drinkers. Researchers said coffee drinkers had better liver function and a stronger immune system.

Not all experts agree with the research findings. Health experts suggest that the health benefits of drinking coffee could be because coffee drinkers may have more money and therefore live a healthier lifestyle. They also say that because drinking coffee can be a social activity, coffee drinkers may socialize more and this may increase wellbeing and help us live longer. They say the research does not prove that drinking coffee has concrete health benefits. Researchers also caution against drinking too much coffee. The upper level of safe caffeine intake is around 400 mg. More than this increases the risk of suffering from panic attacks, heart problems, and insomnia.

Sources: [bbc.com](http://bbc.com) / [emaxhealth.com](http://emaxhealth.com) / [medicalnewstoday.com](http://medicalnewstoday.com)

## Writing

Caffeine is a drug and should be banned. Discuss.

## Chat

Talk about these words from the article.

potentially / good news / coffee lovers / study / health / risk / minimum / function / experts / benefits / healthier lifestyle / concrete / upper level / caffeine / panic

## True / False

- The article says coffee makes you a better lover. T / F
- Researchers conducted a 16-year-long study into coffee drinking. T / F
- Researchers looked at the health data of just under half a million people. T / F
- The study found that drinking coffee damaged the liver. T / F
- The article said there was not agreement by experts on these findings. T / F
- Coffee drinkers may be healthier because they are wealthier. T / F
- Researchers advised against having more than 400mg of caffeine a day. T / F
- Researchers said 500mg of caffeine helps to avoid panic attacks. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                        |                  |
|------------------------|------------------|
| 1. <b>according to</b> | a. possibility   |
| 2. <b>data</b>         | b. top           |
| 3. <b>linked</b>       | c. specialists   |
| 4. <b>risk</b>         | d. statistics    |
| 5. <b>likely</b>       | e. show          |
| 6. <b>experts</b>      | f. probable      |
| 7. <b>lifestyle</b>    | g. as claimed by |
| 8. <b>prove</b>        | h. sleeplessness |
| 9. <b>upper</b>        | i. way of life   |
| 10. <b>insomnia</b>    | j. connected     |

## Discussion – Student A

- What do you think of coffee?
- Why does one study say coffee is bad for us and another says it is good?
- Why is coffee so popular around the world?
- Would you drink more coffee if it had health benefits?
- What do you drink to stay healthy?
- Do you prefer coffee or tea? Why?
- From what age is it OK to start drinking coffee?
- How is your immune system?

# BreakingNewsEnglish - The Mini Lesson

## Phrase Match

1. There is potentially good
  2. This is according
  3. health data
  4. drinking more coffee is linked to a
  5. 8-18% less likely to
  6. Not all experts agree
  7. live a healthier
  8. this may increase
  9. prove that drinking coffee has concrete
  10. increases the risk of suffering from panic
- a. to a 16-year-long study
  - b. attacks
  - c. die from health problems
  - d. wellbeing
  - e. lifestyle
  - f. news for coffee lovers
  - g. health benefits
  - h. on over half a million people
  - i. with the research findings
  - j. lower risk of death

## Discussion – Student B

- a) What do you think about what you read?
- b) Do you think it's true that coffee lovers have more money?
- c) Why might socializing make us live longer?
- d) What is the problem with drinking too much coffee?
- e) Do you suffer from panic attacks or insomnia?
- f) What do you think of the smell of coffee?
- g) How important is coffee in your culture?
- h) What questions would you like to ask the researchers?

## Spelling

1. There is otlpntaeily good news
2. goicrdnca to a 16-year-long study
3. They gsguest that
4. a daily iumminm of three cups
5. 8-18% less lkelyi to die
6. a stronger minemu system
7. Not all stexpre agree
8. live a healthier yesfltlei
9. this may increase binwgleel
10. etonrecc health benefits
11. The upper level of safe ncefafei intake
12. heart problems and oansinmi

### Answers – Synonym Match

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

## Role Play

### Role A – Effect on Health

You think its effect on health is the best thing about coffee. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least convincing of these (and why): its wake-up effect, social activity or its taste.

### Role B – Wake-up Effect

You think its wake-up effect is the best thing about coffee. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least convincing of these (and why): its effect on health, social activity or its taste.

### Role C – Social Activity

You think the social activity of drinking coffee is the best thing about coffee. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least convincing of these (and why): its wake-up effect, its effect on health or its taste.

### Role D – Taste

You think its taste is the best thing about coffee. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least convincing of these (and why): its wake-up effect, social activity or its effect on health.

## Speaking – Coffee

Rank these with your partner. Put the best things about coffee at the top. Change partners often and share your rankings.

- health benefits
- taste
- wake-up effect
- price
- social activity
- coffee shops
- smell
- variety of coffee

### Answers – True False

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