

Soybean products may help you live longer

5th February, 2020



There are many reasons why Japanese people live longer than the rest of us. One reason might be soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in

Tokyo conducted a study into the health benefits of soybeans and their products. They found that people who regularly ate tofu, natto and miso were 10 per cent less likely to die from common killers than people who ate no soybean products. Researchers said eating soybean-based food lowered the risk of death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with a lower risk of mortality."

Soybeans and fermented soybean products are superfoods. They are rich in protein, fibre and unsaturated fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight loss. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming more popular around the world.

Sources: bmj.com / ndtv.com / medicalxpress.com

Writing

Everyone should soybean products and give up fast food. Discuss.

Chat

Talk about these words from the article.

reasons / soybeans / tofu / natto / miso / health / killers / heart attack / stroke / risk / superfoods / fats / weight loss / cuisine / soy sauce / salt / blood pressure / popular

True / False

- a) The article said there was one reason why Japanese people live longer. T / F
- b) An institute in Beijing conducted the research into soybeans. T / F
- c) People who ate natto were 20% less likely to die from killer diseases. T / F
- d) Fermented soy products were associated with a lower risk of death. T / F
- e) Soybeans and fermented soybeans are superfoods. T / F
- f) The article said soybeans are an essential part of South Asian cuisine. T / F
- g) Fermented soybeans are called natto. T / F
- h) Researchers said the miso in salt leads to high blood pressure. T / F

Synonym Match

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

- | | |
|----------------------|----------------|
| 1. reasons | a. packed with |
| 2. conducted | b. related |
| 3. regularly | c. well liked |
| 4. lowered | d. carried out |
| 5. associated | e. very old |
| 6. rich in | f. reduced |
| 7. boost | g. widespread |
| 8. ancient | h. causes |
| 9. common | i. increase |
| 10. popular | j. frequently |

Discussion – Student A

- a) What do you know about soybeans?
- b) Why do Japanese people live longer than everyone else?
- c) How healthy is the food you eat?
- d) What do you know about tofu, natto and miso?
- e) How healthy is Japanese food?
- f) What food do people in your country eat that is unhealthy?
- g) Do you agree with the phrase: 'You are what you eat'?
- h) Will you eat more soybean products from now?

Phrase Match

- | | |
|--|-------------------------------|
| 1. Japanese people live longer than | a. to die |
| 2. One reason might be | b. risk of mortality |
| 3. 10 per cent less likely | c. of soy products |
| 4. cardiovascular | d. unsaturated fats |
| 5. associated with a lower | e. soybean products like tofu |
| 6. They are rich in protein, fibre and | f. in salt |
| 7. They are also a source of potassium | g. high blood pressure |
| 8. The most common types | h. problems |
| 9. Some scientists say miso is high | i. and other minerals |
| 10. put people at risk of | j. the rest of us |

Discussion – Student B

- What do you think about what you read?
- What other superfoods do you know about?
- What are saturated and unsaturated fats?
- How much do you worry about your weight?
- What do you know about high blood pressure?
- What are the benefits and dangers of salt?
- What new soybean dishes could you make?
- What questions would you like to ask the researchers?

Spelling

- There are many saeorns why
- onuctcded a study
- likely to die from mocmon killers
- eating soybean-sabed food
- the risk of death from heart atkatcs
- a lower risk of otmlarity
- They are rich in torepin
- potassium and other iemarnls
- lower hoecetsrlol
- since nicaent times
- soy ausce
- at risk of high blood ressupre

Answers – Synonym Match

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

Role Play

Role A – Heart Attack

You think heart attack is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, cancer or old age.

Role B – Malaria

You think malaria is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): heart attack, cancer or old age.

Role C – Cancer

You think cancer is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, heart attack or old age.

Role D – Old Age

You think old age is the scariest thing that can kill you. Tell the others three reasons why. Tell them why their things are less of a worry. Also, tell the others which is the least scary of these (and why): malaria, cancer or heart attack.

Speaking – Common killers

Rank these with your partner. Put the scariest killers at the top. Change partners often and share your rankings.

- | | |
|----------------|-----------|
| • heart attack | • stroke |
| • cancer | • AIDS |
| • sepsis | • malaria |
| • tuberculosis | • old age |

Answers – True False

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