

Eating chili peppers helps you live longer

20th January, 2017



There is good news for lovers of hot and spicy food – the chili inside it can help you live longer. Researchers from the University of Vermont College of Medicine in the US have discovered that capsaicin, the active ingredient in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system and help reduce high blood pressure and obesity. They said people who regularly ate hot red chili peppers had a 13 per cent reduced risk of premature death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was associated with reduced mortality. Hot red chili peppers may be a beneficial component of the diet."

The researchers surveyed a total of 16,179 adults over a period of six years. Survey participants answered questions on their health, lifestyle, income and eating habits. The researchers analysed the deaths that occurred in the 18 years following the survey. A total of 4,946 of the participants died. Of these, 21.6 per cent regularly consumed chili compared with 33.6 per cent who did not. This led the researchers to believe hot red chili peppers helped prolong life. Britain's National Health Service urged people not to rely on one "superfood" like chili to stay healthier. It said: "Eat a balanced diet high in a variety of fruit and vegetables, limit salt, sugar and saturated fat, stay active [and] avoid smoking."

NOTE: 'chili' is American English; 'chilli' is British English.

Sources: nhs.uk / medicalnewstoday.com / journals.pone.com

Writing

People should only eat the healthier "superfoods". Discuss.

Chat

Talk about these words from the article.

good news / lovers / live longer / blood pressure / risk / premature death / mortality / adults / lifestyle / income / health service / superfood / balanced diet / saturated fat

True / False

- The article says there is good news for romantic couples who like hot food. T / F
- The researchers were from the Chili University of Vietnam. T / F
- People who ate chili often reduced their risk of premature death by 13%. T / F
- Researchers said chili consumption was linked with increased mortality. T / F
- Researchers surveyed over 16,000 adults. T / F
- Just under 5,000 of those surveyed died within 18 years of the survey. T / F
- Britain's National Health Service recommended a chili a day. T / F
- Britain's National Health Service recommended we eat more fat. T / F

Synonym Match

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

- | | |
|----------------------|-------------------|
| 1. lovers | a. linked |
| 2. boost | b. polled |
| 3. premature | c. part |
| 4. associated | d. ate |
| 5. component | e. fans |
| 6. surveyed | f. keep away from |
| 7. occurred | g. untimely |
| 8. consumed | h. depend |
| 9. rely | i. improve |
| 10. avoid | j. happened |

Discussion – Student A

- What do you know about chili peppers?
- What impact does your lifestyle have on your health?
- How healthy are your eating habits?
- What can we do to prolong our life?
- What are 'superfoods' and why are they called that?
- How balanced is your diet?
- How healthy do you think you are?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|--------------------------|
| 1. good news for lovers | a. death |
| 2. active | b. the diet |
| 3. a 13 per cent reduced risk of premature | c. balanced diet |
| 4. chili pepper was associated with reduced | d. of six years |
| 5. a beneficial component of | e. fat |
| 6. over a period | f. mortality |
| 7. urged people not to rely | g. active |
| 8. Eat a | h. of hot and spicy food |
| 9. saturated | i. on one "superfood" |
| 10. stay | j. ingredient |

Discussion – Student B

- What do you think about what you read?
- What do you think of hot and spicy food?
- What is the difference between 'hot' and 'spicy'?
- What do eat or drink for your health?
- Will you now eat more hot red chili peppers?
- What things can you eat hot red chili with?
- How spicy is the food in your country?
- How hot (spicy hot) is the hottest food you can eat?

Spelling

- the active inegertdni in hot red chili
- may btoaso the metabolism
- high blood pressure and iybsote
- reduced risk of emartupre death
- associated with reduced Imroaity
- a eliinafbce component
- researchers deysveru a total of 16,179 adults
- Survey incrastapti
- deaths that uceocrdr in the 18 years
- regularly mcnsuoed chili
- Eat a lcdaaneb diet
- salt, sugar and tusatrade fat

Answers – Synonym Match

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

Role Play

Role A – Potato Chips

You think potato chips are the best thing to be very spicy. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these to be spicy (and why): pasta, chicken curry or soup.

Role B – Pasta

You think pasta is the best thing to be very spicy. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these to be spicy (and why): potato chips, chicken curry or soup.

Role C – Chicken Curry

You think chicken curry is the best thing to be very spicy. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these to be spicy (and why): pasta, potato chips or soup.

Role D – Soup

You think soup is the best thing to be very spicy. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these to be spicy (and why): pasta, chicken curry or potato chips.

Speaking – Spicy

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

- | | |
|---------|-------------------|
| • pasta | • kimchi |
| • soup | • samosa |
| • pizza | • potato chips |
| • curry | • chili con carne |

Answers – True False

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