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Level 4

Coffee drinkers may live longer

13th July, 2017

<http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

There may be good news for coffee lovers. Drinking three cups a day could help you live longer. This is according to researchers from the International Agency for Research on Cancer and Imperial College London. They looked at data on half a million people over the age of 35. They suggest that drinking coffee means coffee drinkers have an 8-18% lower risk of early death or health problems than non-coffee drinkers.

Not all experts agree. Some say the health benefits of coffee could be because coffee drinkers have more money and so are healthier. Coffee drinkers may socialize more and this could help people to live longer. The research does not prove that drinking coffee has health benefits. The researchers warned against drinking too much coffee. The safe daily amount of caffeine is around 400 mg. More than this increases the risk of panic attacks and heart problems.

Sources: <http://www.bbc.com/news/health-40567047>
<https://www.emaxhealth.com/13737/studies-show-drinking-coffee-helps-you-live-longer>
<http://www.medicalnewstoday.com/articles/318324.php>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|----------------------|
| 1. good news | a. problems |
| 2. help you live | b. to researchers |
| 3. according | c. of 35 |
| 4. They looked at data on half | d. drinkers |
| 5. over the age | e. for coffee lovers |
| 6. an 8-18% lower risk | f. longer |
| 7. health | g. a million people |
| 8. non-coffee | h. of early death |

PARAGRAPH TWO:

- | | |
|--|--------------------|
| 1. Not all experts | a. too much coffee |
| 2. health | b. more money |
| 3. coffee drinkers have | c. problems |
| 4. this could help people | d. of caffeine |
| 5. researchers warned against drinking | e. benefits |
| 6. The safe daily amount | f. attacks |
| 7. increases the risk of panic | g. to live longer |
| 8. heart | h. agree |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

There may (1) _____ coffee lovers. Drinking three cups a day could help you live longer. (2) _____ to researchers from the International Agency for Research on Cancer and Imperial College London. They (3) _____ on half a million people (4) _____ 35. They suggest that drinking coffee means coffee drinkers have an 8-18% (5) _____ early death or health problems than (6) _____.

Not all experts agree. Some say the health (7) _____ coffee could be because coffee drinkers have more money (8) _____ healthier. Coffee drinkers may socialize more and this could help people (9) _____. The research does not prove that drinking coffee has health benefits. The researchers warned (10) _____ too much coffee. The safe (11) _____ caffeine is around 400 mg. More than this increases the risk of (12) _____ heart problems.

PUT A SLASH (/) WHERE THE SPACES ARE

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COFFEE SURVEY

From <http://www.breakingnewsenglish.com/1707/170713-drinking-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

Student A: Do not show these to your speaking partner.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER

Student B: Do not show these to your speaking partner.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

Write about **coffee** for 10 minutes. Read and talk about your partner's paper.
