

## Flavonoids can cut the risk of dementia by a third

31st July, 2021



People around the world are living longer. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the chances of developing dementia.

In particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the amount of oxygen going to the brain. They are in produce such as blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett conducted a study of the eating habits and mental health of around 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were less likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to suffer from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Sources: [medcalnewstoday.com](http://medcalnewstoday.com) / [cnn.com](http://cnn.com) / [mirror.co.uk](http://mirror.co.uk)

### Writing

People who eat lots of fruit and vegetables should pay less in hospitals. Discuss.

### Chat

Talk about these words from the article.

people / the world / mental illness / dementia / chemicals / fruit / vegetables / brain / study / eating habits / cognitive decline / diet / powerhouse / thinking skills / colour

### True / False

- 1) The article says people around the world are dying younger. T / F
- 2) Researchers said dementia makes people want to eat more fruit. T / F
- 3) Flavonoids give colour to fruit and vegetables. T / F
- 4) Flavonoids help the brain to get oxygen. T / F
- 5) Researchers looked at the eating habits of over 100,000 people. T / F
- 6) Flavonoids could cut the chances of mental decline by 38%. T / F
- 7) Flavonoids could make you feel up to four years younger. T / F
- 8) A colourful plate of food could cut the chances of cognitive decline. T / F

### Synonym Match

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

- |                      |                   |
|----------------------|-------------------|
| 1. <b>world</b>      | a. developing     |
| 2. <b>dementia</b>   | b. cut            |
| 3. <b>reduce</b>     | c. carried out    |
| 4. <b>amount</b>     | d. correct        |
| 5. <b>promoting</b>  | e. mental illness |
| 6. <b>conducted</b>  | f. experience     |
| 7. <b>discovered</b> | g. globe          |
| 8. <b>suffer</b>     | h. chances        |
| 9. <b>right</b>      | i. quantity       |
| 10. <b>risk</b>      | j. found          |

### Discussion – Student A

- a) What do you think about what you read?
- b) What are your eating habits like?
- c) How worried are you about cognitive decline?
- d) Do you think you should change your diet?
- e) What are your thinking skills like?
- f) What are your worries about old age?
- g) Should everyone's plate be full of colourful food?
- h) What questions would you like to ask the researchers?

## Phrase Match

- |   |                         |
|---|-------------------------|
| 1. People around the world are living       | a. their bright colours |
| 2. reduce their chances of getting          | b. four years younger   |
| 3. chemicals that give fruit and vegetables | c. term brain health    |
| 4. increase the amount of oxygen            | d. of cognitive decline |
| 5. promoting long-                          | e. their life           |
| 6. a study of the eating habits             | f. longer               |
| 7. less likely to experience signs          | g. going to the brain   |
| 8. later in                                 | h. lower the risk       |
| 9. feel up to                               | i. dementia by a third  |
| 10. Adding colour to your plate may         | j. and mental health    |

## Discussion – Student B

- Why are people living longer?
- How long do you want to live?
- How healthy is the food you eat every day?
- Would you like to eat more fruit and vegetables?
- What do you know about dementia?
- Should young people eat to live long lives?
- Why is all the yummy food so unhealthy?
- What do you do for your brain health?

## Spelling

- people who frsefu from mental illnesses
- cut the chances of vedglpnoei dementia
- Flavonoids are siecaclmh
- the amount of xeogny going to the brain
- oranges, rpeppes and strawberries
- tomrnopig long-term brain health
- Dr Willett tuoddenc a study
- less yllkei to
- suffer from nmleat ...
- with the right iedt
- rvtnigenep your thinking skills
- lower the risk of cognitive cleinde

### Answers – Synonym Match

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

## Role Play

### Role A – Strawberries

You think strawberries are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, bananas or spinach.

### Role B – Onions

You think onions are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): strawberries, bananas or spinach.

### Role C – Bananas

You think bananas are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, strawberries or spinach.

### Role D – Spinach

You think spinach is the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, bananas or strawberries.

## Speaking – Fruit and Veg

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

- |                |            |
|----------------|------------|
| • Strawberries | • Tomatoes |
| • Onions       | • Garlic   |
| • Cabbage      | • Bananas  |
| • Avocado      | • Spinach  |

### Answers – True False

1 F	2 F	3 T	4 T	5 F	6 T	7 T	8 T
-----	-----	-----	-----	-----	-----	-----	-----

Answers to Phrase Match and Spelling are in the text.