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## Level 6

### Coffee drinkers may live longer

13th July, 2017

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

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**Please try Levels 5 and 4 (they are easier).**

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# THE ARTICLE

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

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: <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>

# WARM-UPS

**1. GOOD NEWS:** Students walk around the class and talk to other students about good news. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

**3. DRUG:** Students A **strongly** believe coffee with caffeine should be banned because it is a drug; Students B **strongly** believe this would be silly. Change partners again and talk about your conversations.

**4. HEALTH BENEFITS:** Are these things healthy? Complete this table with your partner(s). Change partners often and share what you wrote.

	Health Benefits	Health Dangers
Coffee		
Chocolate		
Salt		
Steak		
Milk		
Raw fish		

**5. CUP:** Spend one minute writing down all of the different words you associate with the word "cup". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. 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

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

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

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

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

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

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

# GAP FILL

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

There is (1) \_\_\_\_\_ good news for coffee lovers. Drinking three or more cups of coffee a day may help people live longer. This is (2) \_\_\_\_\_ to a 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at health (3) \_\_\_\_\_ on over half a million people over the age of 35 from 10 European countries. They (4) \_\_\_\_\_ that drinking more coffee is linked to a lower (5) \_\_\_\_\_ of death, particularly from heart diseases. This study showed that people who had a (6) \_\_\_\_\_ minimum of three cups of coffee were 8-18% less likely to die from health problems than (7) \_\_\_\_\_-coffee drinkers. Researchers said coffee drinkers had better liver function and a stronger immune (8) \_\_\_\_\_.

*data*  
*risk*  
*non*  
*potentially*  
*system*  
*suggest*  
*according*  
*daily*

Not all experts (8) \_\_\_\_\_ with the research findings. Health experts suggest that the health (10) \_\_\_\_\_ of drinking coffee could be because coffee drinkers may have more money and therefore live a healthier (11) \_\_\_\_\_. They also say that because drinking coffee can be a social activity, coffee drinkers may (12) \_\_\_\_\_ more and this may increase (13) \_\_\_\_\_ and help us live longer. They say the research does not prove that drinking coffee has (14) \_\_\_\_\_ health benefits. Researchers also caution against drinking too much coffee. The (15) \_\_\_\_\_ level of safe caffeine intake is around 400 mg. More than this increases the risk of suffering from panic attacks, heart problems, and (16) \_\_\_\_\_.

*benefits*  
*concrete*  
*insomnia*  
*lifestyle*  
*wellbeing*  
*upper*  
*agree*  
*socialize*

# LISTENING – Guess the answers. Listen to check.

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

- 1) There is potentially good news for \_\_\_\_\_
  - a. coffee loves
  - b. coffee love-ins
  - c. coffee lovers
  - d. coffee lovelies
- 2) Drinking three or more cups of coffee a day may help \_\_\_\_\_
  - a. people live lengthier
  - b. people live longing
  - c. people live longer
  - d. people live longs
- 3) Researchers looked at health data on over half a million people over \_\_\_\_\_
  - a. the old of 35
  - b. the age of 35
  - c. the aged of 35
  - d. the aging of 35
- 4) people who had a daily minimum of three cups of coffee were 8-18% \_\_\_\_\_
  - a. less likelier to die
  - b. less likely to die
  - c. less likelihood to die
  - d. less liked to die
- 5) Researchers said coffee drinkers had better liver function and a stronger \_\_\_\_\_
  - a. common system
  - b. retune system
  - c. commune system
  - d. immune system
- 6) coffee drinkers may have more money and therefore live a \_\_\_\_\_
  - a. healthier lifestyle
  - b. healthier lifestyles
  - c. healthier life styles
  - d. healthier life's style
- 7) coffee can be a social activity, coffee drinkers may socialize more and this may \_\_\_\_\_
  - a. increase well been
  - b. increase well be in
  - c. increase well being
  - d. increase wellbeing
- 8) They say the research does not prove that drinking coffee has \_\_\_\_\_ benefits
  - a. concrete health
  - b. cement health
  - c. plaster health
  - d. creosote health
- 9) The upper level of safe caffeine \_\_\_\_\_ 400 mg
  - a. outtake is around
  - b. uptake is around
  - c. intake is around
  - d. retake is around
- 10) More than this increases the risk of suffering from panic attacks, heart problems \_\_\_\_\_
  - a. end insomnia
  - b. and insomnia
  - c. and insomniac
  - d. and in so many

# LISTENING – Listen and fill in the gaps

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

There is potentially (1) \_\_\_\_\_ coffee lovers. Drinking three or more cups of coffee a day may help people live longer. This (2) \_\_\_\_\_ 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at health (3) \_\_\_\_\_ half a million people over the age of 35 from 10 European countries. They suggest that drinking more coffee is linked (4) \_\_\_\_\_ death, particularly from heart diseases. This study showed that people who had a daily minimum of three cups of coffee were 8-18% (5) \_\_\_\_\_ from health problems than non-coffee drinkers. Researchers said coffee drinkers had better (6) \_\_\_\_\_ stronger immune system.

Not (7) \_\_\_\_\_ 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 (8) \_\_\_\_\_ lifestyle. They also say that because drinking coffee can (9) \_\_\_\_\_, coffee drinkers may socialize more and this may increase wellbeing and (10) \_\_\_\_\_. They say the research does not prove that drinking coffee has concrete health benefits. Researchers also (11) \_\_\_\_\_ drinking too much coffee. The upper level of safe caffeine intake is around 400 mg. More than this (12) \_\_\_\_\_ suffering from panic attacks, heart problems, and insomnia.

# COMPREHENSION QUESTIONS

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

1. For whom is there potentially good news?
2. How long was the research that was mentioned in the article?
3. How many people's health data did researchers look at?
4. What did researchers say drinking more coffee was linked to?
5. What did researchers say was stronger in coffee drinkers?
6. Who suggested coffee drinkers may be healthier because they are richer?
7. What did the researchers say socializing might increase?
8. What did the researchers caution against?
9. What is the upper level of safe caffeine intake?
10. What kind of attacks did the article say lots of caffeine could cause?

# MULTIPLE CHOICE - QUIZ

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

- 1) For whom is there potentially good news?
  - a) tea farmers
  - b) coffee lovers
  - c) Imperial College London
  - d) researchers
- 2) How long was the research that was mentioned in the article?
  - a) 8 years
  - b) 10 years
  - c) 12 years
  - d) 16 years
- 3) How many people's health data did researchers look at?
  - a) over 5,000,000
  - b) fewer than half a million
  - c) more than 500,000
  - d) a million-and-a-half
- 4) What did researchers say drinking more coffee was linked to?
  - a) a lower risk of death
  - b) poverty
  - c) heart disease
  - d) energy
- 5) What did researchers say was stronger in coffee drinkers?
  - a) the stomach
  - b) the immune system
  - c) the heart
  - d) the kidneys
- 6) Who suggested coffee drinkers may be healthier because they are richer?
  - a) health experts
  - b) coffee lovers
  - c) tea farmers
  - d) sociologists
- 7) What did the researchers say socializing might increase?
  - a) happiness
  - b) a circle of friends
  - c) wellbeing
  - d) money
- 8) What did the researchers caution against?
  - a) drinking too much coffee
  - b) caffeine
  - c) social activity
  - d) insomnia
- 9) What is the upper level of safe caffeine intake?
  - a) 400kg
  - b) 400ml
  - c) 400g
  - d) 400mg
- 10) What kind of attacks did the article say lots of caffeine could cause?
  - a) asthma attacks
  - b) cyber attacks
  - c) panic attacks
  - d) caffeine attacks

# ROLE PLAY

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

## **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.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'drink' and 'coffee'.

<b>drink</b>	<b>coffee</b>
--------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• more</li><li>• 16</li><li>• 35</li><li>• particularly</li><li>• 8</li><li>• function</li></ul>	<ul style="list-style-type: none"><li>• agree</li><li>• therefore</li><li>• social</li><li>• longer</li><li>• caution</li><li>• panic</li></ul>
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# COFFEE SURVEY

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

## COFFEE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'coffee'?
3. What do you think of coffee?
4. Why does one study say coffee is bad for us and another says it is good?
5. Why is coffee so popular around the world?
6. Would you drink more coffee if it had health benefits?
7. What do you drink to stay healthy?
8. Do you prefer coffee or tea? Why?
9. From what age is it OK to start drinking coffee?
10. How is your immune system?

*Coffee drinkers may live longer – 13th July, 2017*  
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## COFFEE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'drink'?
13. What do you think about what you read?
14. Do you think it's true that coffee lovers have more money?
15. Why might socializing make us live longer?
16. What is the problem with drinking too much coffee?
17. Do you suffer from panic attacks or insomnia?
18. What do you think of the smell of coffee?
19. How important is coffee in your culture?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

There is (1) \_\_\_\_ good news for coffee lovers. Drinking three or more cups of coffee a day may help people live (2) \_\_\_\_\_. This is according to a 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at (3) \_\_\_\_ data on over half a million people over the age of 35 from 10 European countries. They suggest that drinking more coffee is linked (4) \_\_\_\_ 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 (5) \_\_\_\_ to die from health problems than non-coffee drinkers. Researchers said coffee drinkers had better (6) \_\_\_\_ 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 (7) \_\_\_\_ because coffee drinkers may have more money and therefore live a healthier lifestyle. They also say that because drinking coffee can be a social (8) \_\_\_\_\_, coffee drinkers may socialize more and this may increase wellbeing and help us live longer. They say the research does not (9) \_\_\_\_ that drinking coffee has (10) \_\_\_\_ health benefits. Researchers also caution against drinking too much coffee. The (11) \_\_\_\_ level of safe caffeine intake is around 400 mg. More than this increases the risk of suffering from panic attacks, heart problems, and (12) \_\_\_\_\_.

## Put the correct words from the table below in the above article.

- |     |               |                |                 |                |
|-----|---------------|----------------|-----------------|----------------|
| 1.  | (a) potent    | (b) potential  | (c) potentially | (d) portent    |
| 2.  | (a) longer    | (b) lengthier  | (c) longing     | (d) longs      |
| 3.  | (a) health    | (b) healthy    | (c) healthier   | (d) healthiest |
| 4.  | (a) to        | (b) of         | (c) by          | (d) on         |
| 5.  | (a) likeliest | (b) likelihood | (c) liked       | (d) likely     |
| 6.  | (a) slivers   | (b) sliver     | (c) livery      | (d) liver      |
| 7.  | (a) be        | (b) do         | (c) have        | (d) give       |
| 8.  | (a) active    | (b) actively   | (c) activate    | (d) activity   |
| 9.  | (a) prove     | (b) proving    | (c) proven      | (d) proof      |
| 10. | (a) coral     | (b) concrete   | (c) creosote    | (d) cement     |
| 11. | (a) uppers    | (b) upper      | (c) upping      | (d) ups        |
| 12. | (a) insomnia  | (b) insomuch   | (c) insomniac   | (d) insomniacs |

# SPELLING

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

## Paragraph 1

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

## Paragraph 2

7. Not all stexpre agree
8. live a healthier yesftlei
9. this may increase binwgleel
10. etonrecc health benefits
11. The upper level of safe ncefafei intake
12. heart problems and oansinmi

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( **1** ) There is potentially good news for coffee lovers. Drinking three or more cups of coffee a day may help people live
- ( ) drinkers had better liver function and a stronger immune system.
- ( ) longer. This is according to a 16-year-long study from the International Agency for Research
- ( ) prove that drinking coffee has concrete health benefits. Researchers also caution
- ( ) were 8-18% less likely to die from health problems than non-coffee drinkers. Researchers said coffee
- ( ) death, particularly from heart diseases. This study showed that people who had a daily minimum of three cups of coffee
- ( ) Not all experts agree with the research findings. Health experts suggest that the health benefits of drinking coffee could
- ( ) against drinking too much coffee. The upper level of safe caffeine intake is around 400 mg. More
- ( ) 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
- ( ) than this increases the risk of suffering from panic attacks, heart problems, and insomnia.
- ( ) on Cancer and Imperial College London. Researchers looked at health data on over half a million people over the age
- ( ) be because coffee drinkers may have more money and therefore live a healthier
- ( ) of 35 from 10 European countries. They suggest that drinking more coffee is linked to a lower risk of

# PUT THE WORDS IN THE RIGHT ORDER

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

1. potentially is There lovers coffee for news good .
2. 16- year- to according is This study long a .
3. linked Suggest to that a drinking lower more risk coffee is .
4. a who cups daily of minimum coffee of People three had .
5. said better had drinkers Researchers function liver coffee .
6. agree research Not experts the findings all with .
7. concrete has coffee drinking that Prove benefits health .
8. much too drinking against caution also Researchers coffee .
9. caffeine around The of is mg level intake 400 upper safe .
10. the panic risk attacks of This suffering increases from .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

There is potentially good news for coffee *loves / lovers*. Drinking three or more cups of coffee a day may help people live *longer / lengthier*. This is according *of / to* a 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at *health / healthy* data on over half a million people over the *aged / age* of 35 from 10 European countries. They *suggest / suggestive* that drinking more coffee is linked to a lower *risky / risk* of death, particularly from heart diseases. This study showed that people who had a *daily / day* minimum of three cups of coffee were 8-18% less *likely / liked* to die from health problems than non-coffee drinkers. Researchers said coffee drinkers had better *liven / liver* function and a stronger immune system.

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

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

Th\_r\_ \_s p\_t\_nt\_\_lly g\_\_d n\_ws f\_r c\_ff\_\_ l\_v\_rs.  
Dr\_nk\_ng thr\_\_ \_r m\_r\_ c\_ps \_f c\_ff\_\_ \_d\_y m\_y h\_lp  
p\_\_pl\_ l\_v\_ l\_ng\_r. Th\_s \_s \_cc\_rdn\_g t\_ \_ 16-y\_\_r-  
l\_ng st\_dy fr\_m th\_ \_nt\_rn\_t\_\_n\_l \_g\_ncy f\_r R\_s\_\_rch  
\_n C\_nc\_r \_nd \_mp\_r\_\_l C\_ll\_g\_ L\_nd\_n. R\_s\_\_rch\_rs  
l\_\_k\_d \_t h\_\_lth d\_t\_ \_n \_v\_r h\_lf \_ m\_ll\_\_n p\_\_pl\_  
\_v\_r th\_ \_g\_ \_f 35 fr\_m 10 \_\_r\_p\_\_n c\_\_ntr\_\_s. Th\_y  
s\_gg\_st th\_t dr\_nk\_ng m\_r\_ c\_ff\_\_ \_s l\_nk\_d t\_ \_ l\_w\_r  
r\_sk \_f d\_\_th, p\_rt\_c\_l\_rly fr\_m h\_\_rt d\_s\_\_s\_s. Th\_s  
st\_dy sh\_w\_d th\_t p\_\_pl\_ wh\_ h\_d \_d\_\_ly m\_n\_m\_m \_f  
thr\_\_c\_ps \_f c\_ff\_\_ w\_r\_ 8-18% l\_ss l\_k\_ly t\_d\_\_ fr\_m  
h\_\_lth pr\_bl\_ms th\_n n\_n-c\_ff\_\_ dr\_nk\_rs. R\_s\_\_rch\_rs  
s\_\_d c\_ff\_\_ dr\_nk\_rs h\_d b\_tt\_r l\_v\_r f\_nct\_\_n \_nd \_  
str\_ng\_r \_mm\_n\_ syst\_m.

N\_t \_ll \_xp\_rts \_gr\_\_ w\_th th\_ r\_s\_\_rch f\_nd\_ngs.  
H\_\_lth \_xp\_rts s\_gg\_st th\_t th\_ h\_\_lth b\_n\_f\_ts \_f  
dr\_nk\_ng c\_ff\_\_ c\_\_ld b\_b\_c\_\_s c\_ff\_\_ dr\_nk\_rs m\_y  
h\_v\_ m\_r\_ m\_n\_y \_nd th\_r\_f\_r\_ l\_v\_ \_ h\_\_lth\_\_r  
l\_fstyl\_. Th\_y \_ls\_ s\_y th\_t b\_c\_\_s dr\_nk\_ng c\_ff\_\_  
c\_n b\_ \_ s\_c\_\_l \_ct\_v\_ty, c\_ff\_\_ dr\_nk\_rs m\_y  
s\_c\_\_l\_z\_m\_r\_ \_nd th\_s m\_y \_ncr\_\_s\_w\_llb\_\_ng \_nd  
h\_lp \_s l\_v\_ l\_ng\_r. Th\_y s\_y th\_ r\_s\_\_rch d\_\_s\_n\_t  
pr\_v\_ th\_t dr\_nk\_ng c\_ff\_\_ h\_s c\_ncr\_t\_ h\_\_lth  
b\_n\_f\_ts. R\_s\_\_rch\_rs \_ls\_ c\_\_t\_\_n \_g\_\_nst dr\_nk\_ng  
t\_\_m\_ch c\_ff\_\_. Th\_ \_pp\_r l\_v\_l \_f s\_f\_ c\_ff\_\_n\_  
\_nt\_k\_\_s \_r\_\_nd 400 mg. M\_r\_ th\_n th\_s \_ncr\_\_s\_s th\_  
r\_sk \_f s\_ff\_r\_ng fr\_m p\_n\_c\_\_tt\_cks, h\_\_rt pr\_bl\_ms,  
\_nd \_ns\_mn\_\_.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

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

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

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 these search 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 well-being 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 400mg. More than this increases the risk of suffering from panic attacks, heart problems, and insomnia.





# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news. Share what you discover with your partner(s) in the next lesson.

**3. COFFEE:** Make a poster about coffee. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. HEALTH BENEFITS:** Write a magazine article about the health benefits of coffee. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on coffee. Ask him/her three questions about how healthy it is. Give him/her three of your opinions on coffee. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b T    c F    d F    e T    f T    g T    h F

## SYNONYM MATCH (p.4)

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

## COMPREHENSION QUESTIONS (p.8)

1. Coffee lovers
2. 16 years
3. Over half a million
4. A lower risk of death
5. The immune system
6. Health experts
7. Wellbeing
8. Drinking too much coffee
9. 400mg
10. Panic attacks

## MULTIPLE CHOICE - QUIZ (p.9)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)