

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## **Level 5**

### **Eating chili peppers helps you live longer**

**20th January, 2017**

<http://www.breakingnewsenglish.com/1701/170120-chili-peppers-5.html>

## **Contents**

|                      |   |
|----------------------|---|
| The Reading          | 2 |
| Phrase Matching      | 3 |
| Listening Gap Fill   | 4 |
| No Spaces            | 5 |
| Survey               | 6 |
| Writing and Speaking | 7 |
| Writing              | 8 |

**Please try Levels 4 and 6. They are (a little) harder.**

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE READING

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-5.html>

There is good news for lovers of chili peppers – they can help you live longer. Researchers from the University of Vermont in the US discovered that capsaicin, the active ingredient in hot red chili peppers, may boost the metabolism, strengthen the heart and help with blood pressure and obesity. People who regularly ate them had a 13 per cent reduced risk of dying younger compared with those who did not. Researchers 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 16,179 adults over six years. People answered questions on their health, lifestyle, income and eating habits. The researchers analysed the deaths in the 18 years after the survey. Of the 4,946 participants who died, 21.6% regularly ate chili compared with 33.6% who did not. The researchers thus said hot red chili peppers helped to prolong life. Britain's health service urged people not to rely on one "superfood" like chili. 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: <http://www.nhs.uk/news/2017/01January/Pages/Hot-red-chilli-peppers-linked-to-longer-lifespan.aspx>  
<http://www.medicalnewstoday.com/articles/315262.php>  
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0169876>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-5.html>

## PARAGRAPH ONE:

- |                                  |                            |
|----------------------------------|----------------------------|
| 1. good news for                 | a. mortality               |
| 2. help you live                 | b. pressure                |
| 3. the active                    | c. component               |
| 4. boost the                     | d. dying younger           |
| 5. blood                         | e. ingredient              |
| 6. a 13 per cent reduced risk of | f. lovers of chili peppers |
| 7. associated with reduced       | g. longer                  |
| 8. peppers may be a beneficial   | h. metabolism              |

## PARAGRAPH TWO:

- |                              |                       |
|------------------------------|-----------------------|
| 1. The researchers surveyed  | a. fat                |
| 2. health, lifestyle, income | b. after the survey   |
| 3. in the 18 years           | c. on one "superfood" |
| 4. peppers helped            | d. avoid smoking      |
| 5. urged people not to rely  | e. and eating habits  |
| 6. a balanced                | f. to prolong life    |
| 7. saturated                 | g. 16,179 adults      |
| 8. stay active and           | h. diet               |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-5.html>

There is good news (1) \_\_\_\_\_ chili peppers – they can help you live longer. Researchers from the University of Vermont in the US discovered that capsaicin, the (2) \_\_\_\_\_ in hot red chili peppers, may boost the metabolism, strengthen the heart and help with (3) \_\_\_\_\_ obesity. People who regularly ate them had a 13 per cent reduced risk of dying younger compared (4) \_\_\_\_\_ did not. Researchers concluded that: "The consumption of hot red chili pepper (5) \_\_\_\_\_ reduced mortality. Hot red chili peppers may be a beneficial (6) \_\_\_\_\_ diet."

The researchers surveyed 16,179 (7) \_\_\_\_\_ years. People answered questions on their health, lifestyle, (8) \_\_\_\_\_ eating habits. The researchers analysed the deaths in the 18 years after the survey. Of the 4,946 (9) \_\_\_\_\_ died, 21.6% regularly ate chili compared with 33.6% who did not. The researchers (10) \_\_\_\_\_ red chili peppers helped to prolong life. Britain's health service urged people (11) \_\_\_\_\_ one "superfood" like chili. It said: "Eat a balanced diet high in a variety of fruit and vegetables, limit salt, sugar and saturated (12) \_\_\_\_\_ [and] avoid smoking."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-5.html>

There is good news for lovers of chili peppers—they can help you live longer. Researchers from the University of Vermont in the US discovered that capsaicin, the active ingredient in hot red chili peppers, may boost the metabolism, strengthen the heart and help with blood pressure and obesity. People who regularly ate them had a 13 per cent reduced risk of dying younger compared with those who did not. Researchers 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 16,179 adults over six years. People answered questions on their health, lifestyle, income and eating habits. The researcher analysed the deaths in the 18 years after the survey. Of the 4,946 participants who died, 21.6% regularly ate chili compared with 33.6% who did not. The researcher thus said hot red chili peppers helped to prolong life. Britain's health service urged people not to rely on one "superfood" like chili. 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."

# CHILI PEPPERS SURVEY

From <http://www.breakingnewsenglish.com/1701/170120-chili-peppers-4.html>

Write five GOOD questions about chili peppers 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Eating chili peppers helps you live longer – 20th January, 2017*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

