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Level 6

Eating chili peppers helps you live longer

20th January, 2017

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

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: <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>

WARM-UPS

1. CHILI PEPPERS: Students walk around the class and talk to other students about chili peppers. 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?

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

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

3. SUPERFOODS: Students A **strongly** believe we should only eat superfoods; Students B **strongly** disagree. Change partners again and talk about your conversations.

4. DIET: How good for us are these foods? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
Pizza		
Chocolate		
Avocado		
Banana		
Toast		
Ice cream		

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

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

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

BEFORE READING / LISTENING

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

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

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

2. SYNONYM MATCH:

Match the following synonyms. 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 |

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

- | | |
|---|--------------------------|
| 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 |

GAP FILL

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

There is good news for (1) _____ 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 (2) _____ that capsaicin, the active (3) _____ in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system and help reduce high blood (4) _____ and obesity. They said people who (5) _____ ate hot red chili peppers had a 13 per cent reduced risk of (6) _____ death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was (7) _____ with reduced mortality. Hot red chili peppers may be a beneficial component of the (8) _____."

premature
lovers
discovered
diet
pressure
associated
regularly
ingredient

The researchers surveyed a (9) _____ of 16,179 adults over a period of six years. Survey participants answered questions on their health, lifestyle, income and eating (10) _____. The researchers analysed the deaths that (11) _____ in the 18 years following the survey. A total of 4,946 of the participants died. Of these, 21.6 per cent regularly (12) _____ chili compared with 33.6 per cent who did not. This led the researchers to believe hot red chili peppers helped (13) _____ life. Britain's National Health Service urged people not to (14) _____ on one "superfood" like chili to stay healthier. It said: "Eat a (15) _____ diet high in a variety of fruit and vegetables, limit salt, sugar and saturated (16) _____, stay active [and] avoid smoking."

habits
rely
consumed
fat
total
balanced
occurred
prolong

LISTENING – Guess the answers. Listen to check.

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

- 1) Vermont College of Medicine in the US have discovered that capsaicin, the _____
 - a. actively ingredient
 - b. activate ingredient
 - c. active ingredient
 - d. active ingredients
- 2) chili peppers, may boost the metabolism, strengthen the _____
 - a. cardio-vacillate system
 - b. cardio-muscular system
 - c. cardigan-vascular system
 - d. cardiovascular system
- 3) people who regularly ate hot red chili peppers had a 13% reduced risk of _____
 - a. prematurely death
 - b. premature deathly
 - c. premature death
 - d. prematurely deathly
- 4) The consumption of hot red chili pepper was associated with _____
 - a. reduction mortality
 - b. reduced mortal a tea
 - c. reduced more totality
 - d. reduced mortality
- 5) Hot red chili peppers may be a beneficial component of _____
 - a. the die at
 - b. the dine at
 - c. the dye it
 - d. the diet
- 6) answered questions on their health, lifestyle, income and _____
 - a. eating habits
 - b. eat-in habits
 - c. eating habit
 - d. eating rabbits
- 7) A total of 4,946 of the participants died. Of these, 21.6 per cent regularly _____
 - a. consume chili
 - b. cons fumed chili
 - c. consumes chili
 - d. consumed chili
- 8) This led the researchers to believe hot red chili peppers helped _____
 - a. prolong life
 - b. prolong live
 - c. prologue life
 - d. prologue live
- 9) Britain's National Health Service urged people not to _____
 - a. rely on once
 - b. rely on one
 - c. rely on one's
 - d. rely on ones
- 10) limit salt, sugar and saturated fat, stay active and _____
 - a. avoid smoking
 - b. evade smoking
 - c. avid smoking
 - d. abide smoking

LISTENING – Listen and fill in the gaps

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

There is good news (1) _____ 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 (2) _____ in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system (3) _____ high blood pressure and obesity. They said people who regularly ate hot red chili peppers had a 13 per cent (4) _____ premature death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was (5) _____ reduced mortality. Hot red chili peppers may be a (6) _____ of the diet."

The researchers (7) _____ of 16,179 adults over a period of six years. Survey participants answered questions on their health, lifestyle, income (8) _____. The researchers analysed the deaths that occurred in the 18 years (9) _____. 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 (10) _____. Britain's National Health Service urged people not to rely on one "superfood" like chili to stay healthier. It said: "Eat a balanced (11) _____ variety of fruit and vegetables, limit salt, sugar (12) _____, stay active [and] avoid smoking."

COMPREHENSION QUESTIONS

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

1. For whom is there good news?
2. What did researchers say the active ingredient capsaicin can boost?
3. What was the reduced risk of premature death for chili eaters?
4. What did researchers associate hot red chili pepper consumption with?
5. What kind of dietary component did researchers say chilis were?
6. What was the timeframe in which researchers surveyed participants?
7. For how many years did researchers follow participants after the survey?
8. What percentage of those who died regularly ate chili?
9. What did researchers say eating hot red chili peppers prolonged?
10. What kind of fat did a health service recommend limiting?

MULTIPLE CHOICE - QUIZ

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

- 1) For whom is there good news?
 - a) chilli farmers
 - b) romantic lovers
 - c) Thai restaurants
 - d) lovers of spicy and hot food
- 2) What did researchers say the active ingredient capsaicin can boost?
 - a) one's love life
 - b) metabolism
 - c) economic growth
 - d) hair growth
- 3) What was the reduced risk of premature death for chili eaters?
 - a) high blood pressure
 - b) a slight headache
 - c) slight
 - d) 13%
- 4) What did researchers associate hot red chili pepper consumption with?
 - a) a burning tongue
 - b) curry
 - c) reduced mortality
 - d) premature death
- 5) What kind of dietary component did researchers say chilis were?
 - a) a tasty one
 - b) an inexpensive one
 - c) a complex one
 - d) a beneficial one
- 6) What was the timeframe in which researchers surveyed participants?
 - a) a total
 - b) blue
 - c) 6 years
 - d) 16,179 days
- 7) For how many years did researchers follow participants after the survey?
 - a) 18
 - b) 12
 - c) 6
 - d) 24
- 8) What percentage of those who died regularly ate chili?
 - a) 36.3
 - b) 33.6
 - c) 21.6
 - d) 26.1
- 9) What did researchers say eating hot red chili peppers prolonged?
 - a) the health service
 - b) life
 - c) taste
 - d) experience
- 10) What kind of fat did a health service recommend limiting?
 - a) saturated fat
 - b) wobbly fat
 - c) active fat
 - d) sugary fat

ROLE PLAY

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

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.

AFTER READING / LISTENING

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

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

chili	pepper
--------------	---------------

- 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">• lovers• active• high• 13• concluded• diet	<ul style="list-style-type: none">• total• answered• 18• 21.6• believe• limit
--	--

CHILI PEPPERS SURVEY

From <http://www.BreakingNewsEnglish.com/1701/170120-chili-peppers.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 _____	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.

CHILI PEPPERS 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 'chili'?
3. What do you think about what you read?
4. What do you think of hot and spicy food?
5. What is the difference between 'hot' and 'spicy'?
6. What do eat or drink for your health?
7. Will you now eat more hot red chili peppers?
8. What things can you eat hot red chili with?
9. How spicy is the food in your country?
10. How hot (spicy hot) is the hottest food you can eat?

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CHILI PEPPERS 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 'pepper'?
13. What do you know about chili peppers?
14. What impact does your lifestyle have on your health?
15. How healthy are your eating habits?
16. What can we do to prolong our life?
17. What are 'superfoods' and why are they called that?
18. How balanced is your diet?
19. How healthy do you think you are?
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/1701/170120-chili-peppers.html>

There is good news for (1) _____ 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 (2) _____ ingredient in hot red chili peppers, may boost (3) _____ metabolism, strengthen the cardiovascular system and help reduce high blood (4) _____ and obesity. They said people who regularly ate hot red chili peppers had a 13 per cent reduced risk (5) _____ premature death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was associated (6) _____ reduced mortality. Hot red chili peppers may be a beneficial component of the diet."

The researchers surveyed (7) _____ total of 16,179 adults over a period of six years. Survey participants answered questions (8) _____ their health, lifestyle, income and eating habits. The researchers analysed the deaths that occurred in the 18 years (9) _____ the survey. A total of 4,946 of the participants died. Of these, 21.6 per cent regularly (10) _____ chili compared with 33.6 per cent who did not. This led the researchers to believe hot red chili peppers helped (11) _____ 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 (12) _____ of fruit and vegetables, limit salt, sugar and saturated fat, stay active [and] avoid smoking."

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

- | | | | | |
|-----|---------------|-----------------|-----------------|---------------|
| 1. | (a) loves | (b) lovers | (c) lovelies | (d) love-ins |
| 2. | (a) lively | (b) active | (c) moving | (d) dynamo |
| 3. | (a) whole | (b) all | (c) a | (d) the |
| 4. | (a) pressures | (b) pressure | (c) pressuring | (d) pressured |
| 5. | (a) by | (b) to | (c) at | (d) of |
| 6. | (a) at | (b) by | (c) with | (d) on |
| 7. | (a) a | (b) in | (c) the | (d) at |
| 8. | (a) of | (b) at | (c) on | (d) by |
| 9. | (a) pursuing | (b) chasing | (c) post | (d) following |
| 10. | (a) consumed | (b) consumption | (c) consuming | (d) consumer |
| 11. | (a) prolong | (b) elongate | (c) elasticated | (d) drag out |
| 12. | (a) variety | (b) varied | (c) various | (d) vary |

SPELLING

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

Paragraph 1

1. the active inegertdni in hot red chili
2. may btoso the metabolism
3. high blood pressure and iybsote
4. reduced risk of emartupre death
5. associated with reduced Imroaityt
6. a eliinafbce component

Paragraph 2

7. researchers deysveru a total of 16,179 adults
8. Survey incrastaptpi
9. deaths that uceocrdr in the 18 years
10. regularly mcnsuoed chili
11. Eat a lcdaaneb diet
12. salt, sugar and tusatrade fat

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () that: "The consumption of hot red chili pepper was associated with reduced
- () The researchers surveyed a total of 16,179 adults over a period of six years. Survey participants answered
- () blood pressure and obesity. They said people who regularly ate hot red chili peppers had a 13 per cent reduced
- () mortality. Hot red chili peppers may be a beneficial component of the diet."
- () questions on their health, lifestyle, income and eating habits. The researchers analysed the
- () ingredient in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system and help reduce high
- () researchers to believe hot red chili peppers helped prolong life. Britain's National Health Service urged people
- () deaths that occurred in the 18 years following the survey. A total of 4,946 of the participants died. Of
- () not to rely on one "superfood" like chili to stay healthier. It said: "Eat a balanced diet high in a
- (**1**) There is good news for lovers of hot and spicy food – the chili inside it can help you live
- () these, 21.6 per cent regularly consumed chili compared with 33.6 per cent who did not. This led the
- () risk of premature death compared with those who did not eat them. They concluded
- () longer. Researchers from the University of Vermont College of Medicine in the US have discovered that capsaicin, the active
- () variety of fruit and vegetables, limit salt, sugar and saturated fat, stay active [and] avoid smoking."

PUT THE WORDS IN THE RIGHT ORDER

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

1. lovers of hot and spicy food There is good news for .
2. peppers chili red Hot metabolism the boost may .
3. death reduced A risk 13 of per premature cent .
4. pepper chili Red mortality reduced with associated was .
5. component may of be the a diet beneficial Peppers .
6. of years period adults A of over total six a 16,179 .
7. researchers the that The analysed deaths occurred .
8. 21.6 Of chili consumed regularly cent per these, .
9. chili like 'superfood' one on rely to not people Urged .
10. in high diet balanced a Eat vegetables and fruit of variety a .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

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

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

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/1701/170120-chili-peppers.html>

Th_r_ _s g__d n_ws f_r l_v_rs _f h_t _nd sp_cy f__d -
th_ ch_l_ _ns_d_ _t c_n h_lp y__ l_v_ l_ng_r.
R_s__rch_rs fr_m th_ _n_v_rs_ty _f V_rm_nt C_ll_g_ _f
M_d_c_n_ _n th_ _S h_v_ d_sc_v_r_d th_t c_ps__c_n,
th_ _ct_v_ _ngr_d__nt _n h_t r_d ch_l_ p_pp_rs, m_y
b__st th_ m_t_b_l_sm, str_ngth_n th_ c_rd__v_sc_l_r
syst_m _nd h_lp r_d_c_ h_gh bl__d pr_ss_r_ _nd
_b_s_ty. Th_y s__d p__pl_ wh_ r_g_l_rly _t_ h_t r_d
ch_l_ p_pp_rs h_d _ 13 p_r c_nt r_d_c_d r_sk _f
pr_m_t_r_d__th c_mp_r_d w_th th_s_ wh_d_d_n_t __t
th_m. Th_y c_ncl_d_d th_t: "Th_ c_ns_mpt__n _f h_t
r_d ch_l_ p_pp_r w_s _ss_c__t_d w_th r_d_c_d
m_rt_l_ty. H_t r_d ch_l_ p_pp_rs m_y b__ b_n_f_c__l
c_mp_n_nt _f th_ d__t."

Th_r_s__rch_rs s_rv_y_d _t_t_l _f 16,179 _d_lts_v_r
_p_r__d _f s_x y__rs. S_rv_y p_rt_c_p_nts _nsw_r_d
q__st__ns _n th__r h__lth, l_fstyl_, _nc_m_ _nd
__t_ng h_b_ts. Th_r_s__rch_rs _n_lys_d th_ d__ths
th_t _cc_rr_d _n th_ 18 y__rs f_ll_w_ng th_ s_rv_y. _
t_t_l _f 4,946 _f th_ p_rt_c_p_nts d__d. _f th_s_, 21.6
p_r c_nt r_g_l_rly c_ns_m_d ch_l_ c_mp_r_d w_th 33.6
p_r c_nt wh_d_d_n_t. Th_s l_d th_r_s__rch_rs t_
b_l__v_ h_t r_d ch_l_ p_pp_rs h_lp_d pr_l_ng l_f_.
Br_t__n's N_t__n_l H__lth S_rv_c_ _rg_d p__pl_ n_t t_
r_ly _n _n_ "s_p_rf__d" l_k_ ch_l_ t_st_y h__lth__r.
_t_s__d: "_t_ _b_l_nc_d_d__t h_gh _n _v_r__ty _f
fr__t _nd v_g_t_b_l_s, l_m_t_s_l_t, s_g_r _nd s_t_r_t_d
f_t, st_y _ct_v_ [_nd] _v__d sm_k_ng."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 16179 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 4946 of the participants died of these 216 per cent regularly consumed chili compared with 336 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"

PUT A SLASH (/) WHERE THE SPACES ARE

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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 reduction in 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 that 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."

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. CHILI PEPPERS: Make a poster about chili peppers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SUPERFOODS: Write a magazine article about superfoods. Argue why we should include mainly superfoods in our diet. Include imaginary interviews with people who are for and against this.

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 chili peppers. Ask him/her three questions about them. Give him/her three of your ideas on what we can eat to prolong our health. 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 F c T d F e T f T g F h F

SYNONYM MATCH (p.4)

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

COMPREHENSION QUESTIONS (p.8)

1. Lovers of hot and spicy food
2. The metabolism
3. 13%
4. Reduced mortality
5. A beneficial component
6. Six years
7. 18
8. 21.6%
9. Life
10. Saturated fat

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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