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Study finds coffee drinkers live longer

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

<http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

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17th May, 2012

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

A new report published in the New England Journal of Medicine has found that coffee drinkers live longer. The study looked at the coffee-drinking habits of over 400,00 people over a 15-year period. The research team compared their statistics with those of people who did not drink coffee. The researchers found that male coffee drinkers lived ten per cent longer and women lived 15 per cent longer. The report said up to six cups of coffee a day seems to be good for one's health.

Other studies have said coffee could be bad for our health. Many have focused on the effects of caffeine on blood pressure. Head researcher Dr Neal D. Freedman said his study means people do not have to worry about drinking coffee. He wrote that for a long time people thought that drinking coffee was a risky thing to do. He said: "Our results...provide [comfort] for coffee drinkers that this isn't the case." He added that coffee contains over 1,000 compounds and many of these may be good for us.

PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

Match the following phrases from the article.

Paragraph 1

- | | |
|-------------------|--------------------------|
| 1. coffee- | a. to six cups of coffee |
| 2. over a 15-year | b. statistics |
| 3. compared their | c. one's health |
| 4. male coffee | d. period |
| 5. up | e. drinkers |
| 6. good for | f. drinking habits |

Paragraph 2

- | | |
|-------------------------|--------------------|
| 1. bad for | a. have to worry |
| 2. blood | b. 1,000 compounds |
| 3. people do not | c. case |
| 4. a risky | d. our health |
| 5. this isn't the | e. thing to do |
| 6. coffee contains over | f. pressure |

LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

A new _____ the New England Journal of Medicine has found that coffee _____. The study looked at the coffee-drinking habits of over 400,00 people over _____. The research team compared their _____ of people who did not drink coffee. The researchers _____ coffee drinkers lived ten per cent longer and women lived 15 per cent longer. The report said up to six cups of coffee a day _____ for one's health.

Other studies have said coffee could _____ health. Many have focused on the effects _____ blood pressure. Head researcher Dr Neal D. Freedman said his study _____ not have to worry about drinking coffee. He wrote that for a long time people thought that drinking coffee was _____ do. He said: "Our results..._____ for coffee drinkers that this _____." He added that coffee contains over 1,000 compounds and many of these may be good for us.

MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

A new report (1) _____ in the New England Journal of Medicine has found that coffee drinkers live longer. The study looked at the coffee-drinking (2) _____ of over 400,00 people (3) _____ a 15-year period. The research team compared their statistics with (4) _____ of people who did not drink coffee. The researchers found that (5) _____ coffee drinkers lived ten per cent longer and women lived 15 per cent longer. The report said (6) _____ to six cups of coffee a day seems to be good for one's health.

Other studies have said coffee could be bad (7) _____ our health. Many have focused on the effects (8) _____ caffeine on blood pressure. Head researcher Dr Neal D. Freedman said his study (9) _____ people do not have to worry about drinking coffee. He wrote that for a long time people thought that drinking coffee was a (10) _____ thing to do. He said: "Our results...provide [comfort] for coffee drinkers that this isn't the (11) _____." He added that coffee (12) _____ over 1,000 compounds and many of these may be good for us.

Put the correct words from this table into the article.

- | | | | |
|-----|----------------|--------------|----------------|
| 1. | (a) punished | (b) pushed | (c) published |
| 2. | (a) habitation | (b) habits | (c) inhabitant |
| 3. | (a) over | (b) via | (c) up |
| 4. | (a) them | (b) that | (c) those |
| 5. | (a) male | (b) man | (c) macho |
| 6. | (a) increase | (b) up | (c) over |
| 7. | (a) for | (b) at | (c) as |
| 8. | (a) about | (b) for | (c) of |
| 9. | (a) meaning | (b) means | (c) meanie |
| 10. | (a) risky | (b) risk | (c) riskiness |
| 11. | (a) bag | (b) box | (c) case |
| 12. | (a) remains | (b) contains | (c) domains |

SPELLING

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. A new etorpp
2. coffee-drinking thsiab
3. over a 15-year piroed
4. compared their tsicsaitst
5. male coffee irnrsdke
6. good for one's htahle

Paragraph 2

7. the csfefet of caffeine
8. blood ersurpse
9. Head crreerhase
10. a krysi thing to do
11. Our results provide formcto
12. over 1,000 ncoomudsp

PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1205/120517-coffee.html>

Number these lines in the correct order.

- () to six cups of coffee a day seems to be good for one's health. Other studies
- () a 15-year period. The research team compared their statistics with those of people who
- () time people thought that drinking coffee was a risky thing to do. He said: "Our results...provide [comfort]
- () study means people do not have to worry about drinking coffee. He wrote that for a long
- () did not drink coffee. The researchers found that male coffee drinkers lived
- () drinkers live longer. The study looked at the coffee-drinking habits of over 400,000 people over
- () on the effects of caffeine on blood pressure. Head researcher Dr Neal D. Freedman said his
- () ten per cent longer and women lived 15 per cent longer. The report said up
- () over 1,000 compounds and many of these may be good for us.
- () for coffee drinkers that this isn't the case." He added that coffee contains
- (**1**) A new report published in the New England Journal of Medicine has found that coffee
- () have said coffee could be bad for our health. Many have focused

THE READING / TAPESCRIPT

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With a partner, put the words back into the correct order.

1. drinkers longer Found coffee live that.

2. 400,000 people Coffee-drinking habits of over.

3. research compared statistics The team their.

4. ten lived longer drinkers cent coffee per Male.

5. to good seems coffee six to a cups Up be day of.

6. bad be could Coffee health our for.

7. caffeine of effects The pressure blood on.

8. have do about to not drinking worry People coffee.

9. a that was thing thought coffee risky People drinking.

10. 1,000 compounds He added that coffee contains over.

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. _____

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. COFFEE: Search the Internet and find more information about coffee. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about coffee. Include an imaginary interview with a health lover. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. 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.

5. LETTER: Write a letter to a coffee expert. Ask him/her three questions about coffee. Give him/her three of your opinions on it. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.