Coffee can help you live longer

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CREATIVE COMMONS
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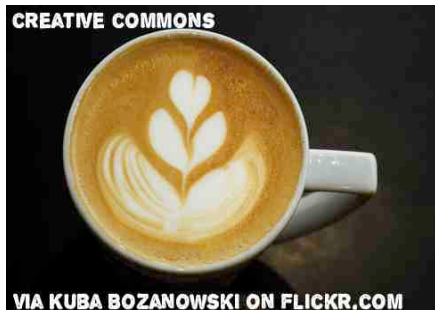
There is good news for coffee lovers. A new report claims that regular coffee drinkers may live longer than those who do not drink coffee. Researchers say there is growing evidence that coffee benefits the health, makes you live longer, and reduces the risk of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide. The study was published by the American Heart Association. It looked at the coffee-drinking habits of over 200,000 people who drank between one and five cups of coffee a day. Researcher Dr Frank Hu said: "This study provides further evidence that moderate consumption of coffee may confer health benefits in terms of reducing premature death due to several diseases."

Scientists have been working hard to analyse exactly what is in coffee that provides so many benefits to the health. Dozens of reports in the past few decades have highlighted the positive effects it can have on the body. Dr Hu said it was still unclear precisely how elements within the coffee bean interact with the body. He said: "Coffee is a complex beverage. It's very difficult to pinpoint which component of coffee is responsible for which benefit." Researchers did not include highly caffeinated drinks in the study. They also pointed out that while coffee seems to have health benefits, added ingredients, such as cream, sugar and certain types of sweeteners, do not.

Sources: *CBS News / Medical Daily / CNN*

Writing

Governments should encourage us to drink coffee. Discuss.

Chat

Talk about these words from the article.

good news / coffee lovers / evidence / benefits / life-threatening / illnesses / habits / analyse / decades / positive / interact / complex / beverage / caffeinated / sugar

True / False

a) The article says there is good news for all lovers. T / F

b) Research suggests coffee can reduce the risk of type 2 diabetes. T / F

c) Researchers looked at more than 200,000 coffee drinkers. T / F

d) Researchers say coffee can reduce levels of premature deaths. T / F

e) The article says many reports in the past have said coffee is bad for us. T / F

f) A researcher said it is still unclear why coffee is good for us. T / F

g) Researchers also looked at caffeinated drinks in the study. T / F

h) Researchers said that cream added to coffee is good for us. T / F

Synonym Match

1.	claims	a.	untimely
2	evidence	b.	part
3.	risk	c.	proof
4.	further	d.	focused on
5.	premature	e.	more
6.	exactly	f.	says
7.	highlighted	g.	complicated
8.	complex	h.	particular
9.	component	i.	possibility
10.	certain	j.	precisely

Discussion – Student A

a) How important is coffee in your life?

b) How healthy do you think coffee is?

c) Why is coffee so important around the world?

d) What do you think about what you read?

e) Why might coffee reduce the risk of suicide?

f) What do you think of drinking five cups of coffee a day?

g) Should the government encourage people to drink coffee?

h) In what different ways do people use coffee?

Phrase Match

1.	There is good news	a.	analyse exactly what
2	regular coffee drinkers	b.	death
3.	reduces the risk	c.	how
4.	This study provides further	d.	decades
5.	reducing premature	e.	for coffee lovers
6.	Scientists have been working hard to	f.	to pinpoint
7.	in the past few	g.	evidence
8.	it was still unclear precisely	h.	sweeteners
9.	It's very difficult	i.	may live longer
10.	certain types of	j.	of heart disease

Discussion – Student B

a) What do you think of coffee shops and cafes?

b) What is coffee culture?

c) What do you think of Starbucks?

d) How dangerous is caffeine as a drug?

e) What do you think of the smell of freshly brewed coffee?

f) What do you know about fair trade coffee?

g) What more would you like to know about coffee?

h) What questions would you like to ask the researchers?

Spelling

1. larruge coffee drinkers

2. life-genatienrth illnesses

3. … and even dcsuiie

4. This study provides further veecenid

5. emeodatr consumption of coffee

6. reducing auprmerte death

7. analyse eacylxt what is in coffee

8. in the past few daecsde

9. it was still unclear relyeispc how

10. Coffee is a complex begarvee

11. pinpoint which ntomoencp of coffee is responsible

12. added eeriigntsdn

Role Play

Role A – Coffee
You think coffee is the best drink. Tell the others three reasons why. Tell them why their drinks aren't so good. Also, tell the others which is the worst of these (and why): water, orange juice or cola.

Role B – Water
You think water is the best drink. Tell the others three reasons why. Tell them why their drinks aren't so good. Also, tell the others which is the worst of these (and why): coffee, orange juice or cola.

Role C – Orange juice
You think orange juice is the best drink. Tell the others three reasons why. Tell them why their drinks aren't so good. Also, tell the others which is the worst of these (and why): water, coffee or cola.

Role D – Cola
You think cola is the best drink. Tell the others three reasons why. Tell them why their drinks aren't so good. Also, tell the others which is the worst of these (and why): water, orange juice or coffee.

Speaking – Drinks

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

- coffee
- tea
- water
- milk
- orange juice
- hot chocolate
- red bull
- cola

Answers – True False

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

Answers to Phrase Match and Spelling are in the text.

Answers – Synonym Match

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