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Level 6

Dietary supplements could be bad for you

1st August, 2016

<http://www.breakingnewsenglish.com/1608/160801-dietary-supplements.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Millions of people around the world take dietary supplements in the belief that they will boost their health. New research casts doubt on the benefits of these pills and tablets. A new report from the American organisation Consumer Reports (CR) found serious health risks from supplements that included vitamins, probiotics, and weight loss pills. CR said the biggest problem with supplements is that they are largely unregulated. While medicinal drugs have to be tested for safety and effectiveness, dietary supplements need far less government approval in many countries. This means that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react to them.

Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were. She said they could cause liver failure, kidney failure requiring kidney transplants, seizures, and heart problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true." Gill urges consumers to avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder. She warned: "There have been deaths associated with each of these." She told people to seek medical help before taking supplements. She said: "Tell your doctor and your pharmacist what you're taking. Treat it like a medication. It's that important. It's really about your health."

Sources: <http://boston.cbslocal.com/2016/07/29/new-report-finds-serious-health-risks-from-taking-dietary-supplements/>
<http://www.cbsnews.com/news/dietary-supplements-health-risks-consumer-reports-15-ingredients-to-avoid/>
<http://www.consumerreports.org/vitamins-supplements/supplements-can-make-you-sick/>

WARM-UPS

1. DIETARY SUPPLEMENTS: Students walk around the class and talk to other students about dietary supplements. 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?

millions / belief / boost / benefits / pills / weight loss / safety / consumers / react / editor / failure / heart problems / prescription / true / deaths / pharmacist / health

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

3. WASTE: Students A **strongly** believe supplements are a waste of money; Students B **strongly** believe they are very effective. Change partners again and talk about your conversations.

4. HEALTH: How do these things affect our health? What can we do to be healthier? Complete this table with your partner(s). Change partners often and share what you wrote.

	How they affect our health	How can we be healthier?
Supplements		
Sleep		
Work		
Food		
Family and friends		
Money		

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

6. WELL-BEING: Rank these with your partner. Put the best important things for our well-being at the top. Change partners often and share your rankings.

- dietary supplements
- no stress
- money
- happiness
- exercise
- good food
- sleep
- shelter

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

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

- a. The article says people take dietary supplements to boost their height. **T / F**
- b. Research casts doubt on whether or not supplements are good for us. **T / F**
- c. The biggest problem with supplements is the lack of regulation. **T / F**
- d. The article said its best to take supplements in the dark. **T / F**
- e. An editor said a report shows that supplements can cause kidney failure. **T / F**
- f. Things that don't need a prescription are not harmful to us. **T / F**
- g. The report lists 50 ingredients for us to avoid. **T / F**
- h. The editor said we treat supplements the same as medication. **T / F**

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|------------------|------------------|
| 1. belief | a. improve |
| 2. boost | b. automatically |
| 3. doubt | c. hazardous |
| 4. effectiveness | d. respond |
| 5. react | e. deal with |
| 6. dangerous | f. uncertainty |
| 7. seizures | g. well-being |
| 8. necessarily | h. opinion |
| 9. treat | i. fits |
| 10. health | j. value |

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

- | | |
|-----------------------------------------|----------------------------|
| 1. New research casts | a. what you're taking |
| 2. weight | b. the dark |
| 3. medicinal drugs have to be | c. true |
| 4. consumers are largely in | d. doubt on the benefits |
| 5. how the body will | e. to avoid 15 ingredients |
| 6. She said they could cause liver | f. tested for safety |
| 7. that's not necessarily | g. like a medication |
| 8. Gill urges consumers | h. loss pills |
| 9. Tell your doctor and your pharmacist | i. failure |
| 10. Treat it | j. react to them |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Millions of people around the world take dietary supplements in the (1) _____ that they will boost their health. New research casts (2) _____ on the benefits of these pills and tablets. A new report from the American organisation Consumer Reports (CR) found (3) _____ health risks from supplements that included vitamins, probiotics, and weight (4) _____ pills. CR said the biggest problem with supplements is that they are largely unregulated. While medicinal drugs have to be tested for (5) _____ and effectiveness, dietary supplements need (6) _____ less government approval in many countries. This means that consumers are (7) _____ in the dark regarding the ingredients of the supplements and how the body will (8) _____ to them.

serious
far
doubt
safety
react
belief
largely
loss

Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were. She said they could cause liver (9) _____, kidney failure requiring kidney transplants, (10) _____, and heart problems. Gill added: "Just because it's not (11) _____, you say, 'oh, it's safe,' but that's not (12) _____ true." Gill urges consumers to avoid 15 ingredients commonly found in supplements, (13) _____ red yeast and caffeine powder. She warned: "There have been deaths (14) _____ with each of these." She told people to seek (15) _____ help before taking supplements. She said: "Tell your doctor and your (16) _____ what you're taking. Treat it like a medication. It's that important. It's really about your health."

necessarily
failure
medical
including
pharmacist
prescription
seizures
associated

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

- 1) take dietary supplements in the belief that they will _____
 - a. boast their health
 - b. bust their health
 - c. boost their health
 - d. boots their health
- 2) New research casts doubt on the benefits of these _____
 - a. pill and tablet
 - b. pill and tablets
 - c. pills and tablet
 - d. pills and tablets
- 3) CR said the biggest problem with supplements is that they are _____
 - a. largely not regulated
 - b. largely unregulated
 - c. largely non-regulated
 - d. largely no regulated
- 4) This means that consumers are largely _____
 - a. on the dark
 - b. in the dark
 - c. in a park
 - d. in the park
- 5) regarding the ingredients of the supplements and how the body _____
 - a. will reacted to them
 - b. will react to them
 - c. will reacts to them
 - d. will reaction to them
- 6) kidney failure requiring kidney transplants, seizures, _____
 - a. and hearty problems
 - b. and hearted problems
 - c. and heartless problems
 - d. and heart problems
- 7) Just because it's not prescription, you say, 'oh, it's safe,' but that's _____
 - a. not necessarily true
 - b. not necessarily truly
 - c. not necessary true
 - d. not necessary truth
- 8) Gill urges consumers to avoid 15 ingredients commonly _____
 - a. found in supplements
 - b. fund in supplements
 - c. find in supplements
 - d. fond in supplements
- 9) There have been deaths associated _____
 - a. with each off these
 - b. with each of these
 - c. with each of them
 - d. with each of those
- 10) She said: "Tell your doctor and your pharmacist _____."
 - a. what you've taking
 - b. what they're taking
 - c. what we're taking
 - d. which you're taking

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Millions of people (1) _____ take dietary supplements in the belief that they will boost their health. New research casts doubt on the (2) _____ pills and tablets. A new report from the American organisation Consumer Reports (CR) found (3) _____ from supplements that included vitamins, probiotics, and weight loss pills. CR said the biggest problem with supplements (4) _____ largely unregulated. While medicinal drugs have to be tested for safety and effectiveness, dietary supplements (5) _____ government approval in many countries. This means that consumers are largely in the dark regarding the ingredients of the supplements and how the body (6) _____.

Lisa Gill, an editor at CR, said the report (7) _____ many supplements were. She said they could (8) _____, kidney failure requiring kidney transplants, (9) _____ problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true." Gill (10) _____ avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder. She warned: "There have been (11) _____ with each of these." She told people to seek medical help before taking supplements. She said: "Tell your doctor and your pharmacist what you're taking. Treat it (12) _____. It's that important. It's really about your health."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

1. What do people think dietary supplements will do to their health?
2. What does new research cast on the benefits of supplements?
3. What does the article say is the biggest problem with supplements?
4. What does the article say needs to be tested for safety?
5. Where are consumers regarding knowledge of what's in supplements?
6. What is Lisa Gill's job?
7. What could happen to your liver or kidneys because of supplements?
8. How many ingredients did Lisa Gill advise people to avoid?
9. What kind of powder was mentioned?
10. What does Lisa Gill tell us to treat supplements like?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

- 1) What do people think dietary supplements will do to their health?
 - a) make us live longer
 - b) boast it
 - c) boost it
 - d) keep it the same
- 2) What does new research cast on the benefits of supplements?
 - a) doubt
 - b) new light
 - c) nets
 - d) an eye
- 3) What does the article say is the biggest problem with supplements?
 - a) they are too big
 - b) they are unregulated
 - c) they are expensive
 - d) they are toxic
- 4) What does the article say needs to be tested for safety?
 - a) researchers
 - b) equipment
 - c) supplements
 - d) medicinal drugs
- 5) Where are consumers regarding knowledge of what's in supplements?
 - a) at the back
 - b) up the creek
 - c) in the dark
 - d) on the job
- 6) What is Lisa Gill's job?
 - a) supplement tester
 - b) editor
 - c) researcher
 - d) supplement maker
- 7) What could happen to your liver or kidneys because of supplements?
 - a) they could slow down
 - b) they could turn blue
 - c) they could get bigger
 - d) they could fail
- 8) How many ingredients did Lisa Gill advise people to avoid?
 - a) 14
 - b) 15
 - c) 16
 - d) 17
- 9) What kind of powder was mentioned?
 - a) gun powder
 - b) caffeine
 - c) milk
 - d) cocoa
- 10) What does Lisa Gill tell us to treat supplements like?
 - a) medication
 - b) candy
 - c) an angry tiger
 - d) boiling water

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Role A – Dietary supplements

You think taking dietary supplements is the best thing for our health. Tell the others three reasons why. Tell them things that aren't so necessary about their things. Also, tell the others which is the least important of these (and why): no stress, exercise or sleep.

Role B – No stress

You think no stress is the best thing for our health. Tell the others three reasons why. Tell them things that aren't so necessary about their things. Also, tell the others which is the least important of these (and why): dietary supplements, exercise or sleep.

Role C – Exercise

You think exercise is the best thing for our health. Tell the others three reasons why. Tell them things that aren't so necessary about their things. Also, tell the others which is the least important of these (and why): no stress, dietary supplements or sleep.

Role D – Sleep

You think sleep is the best thing for our health. Tell the others three reasons why. Tell them things that aren't so necessary about their things. Also, tell the others which is the least important of these (and why): no stress, exercise or dietary supplements.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

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

boost	health
--------------	---------------

- 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">• belief• doubt• weight• tested• dark• react	<ul style="list-style-type: none">• editor• cause• true• 15• each• really
-------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------

DIETARY SUPPLEMENTS SURVEY

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Write five GOOD questions about dietary supplements 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.

DIETARY SUPPLEMENTS 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 'supplement'?
3. What do you think of taking vitamins and supplements?
4. What are the dangers of supplements?
5. Why don't people eat more healthily instead of taking supplements?
6. How healthy is your diet?
7. Why do people think they need supplements?
8. What surprised you about what you read?
9. Why aren't supplements more regulated?
10. How much do you know about supplements?

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DIETARY SUPPLEMENTS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. How healthy do you think you are?
13. Has what you read changed your mind about supplements?
14. How dangerous is it to take things without a prescription?
15. How much do you trust medicines?
16. Would you ask a doctor before taking supplements?
17. What are the healthiest things you can eat?
18. Do we really need supplements?
19. How good are you at taking care of your health?
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/1608/160801-dietary-supplements.html>

Millions of people around the world take dietary supplements in the (1) _____ that they will boost their health. New research (2) _____ doubt on the benefits of these pills and tablets. A new report from the American organisation Consumer Reports (CR) found serious health risks from supplements (3) _____ included vitamins, probiotics, and weight loss pills. CR said the biggest problem with supplements is that they are largely unregulated. (4) _____ medicinal drugs have to be tested for safety and effectiveness, dietary supplements need (5) _____ less government approval in many countries. This means that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react (6) _____ them.

Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were. She said they could (7) _____ liver failure, kidney failure requiring kidney transplants, (8) _____, and heart problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true." Gill (9) _____ consumers to avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder. She warned: "There have been deaths associated (10) _____ each of these." She told people to (11) _____ medical help before taking supplements. She said: "Tell your doctor and your pharmacist what you're taking. (12) _____ it like a medication. It's that important. It's really about your health."

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

- | | | | | |
|-----|----------------|--------------|---------------|---------------|
| 1. | (a) belief | (b) believe | (c) believing | (d) believer |
| 2. | (a) coats | (b) costs | (c) casts | (d) castes |
| 3. | (a) what | (b) so | (c) that | (d) such |
| 4. | (a) Whatsoever | (b) When | (c) Which | (d) While |
| 5. | (a) for | (b) from | (c) far | (d) of |
| 6. | (a) of | (b) to | (c) at | (d) on |
| 7. | (a) causal | (b) cause | (c) case | (d) causation |
| 8. | (a) seize | (b) seizures | (c) seizes | (d) seized |
| 9. | (a) warning | (b) things | (c) urges | (d) says |
| 10. | (a) as | (b) by | (c) at | (d) with |
| 11. | (a) speak | (b) soak | (c) search | (d) seek |
| 12. | (a) Do | (b) Think | (c) Deal | (d) Treat |

SPELLING

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Paragraph 1

1. in the elfieb that they will
2. casts tdbuo on the benefits
3. imintvas, probiotics, and weight loss pills
4. they are largely ungeldeutra
5. ilncdieam drugs
6. the nnisdgreeit of the supplements

Paragraph 2

7. requiring kidney tnpaslsnrat
8. Just because it's not prrietsnoipc
9. but that's not inacssryee true.
10. deaths aiadctseos with each of these
11. Tell your doctor and your acpitamhrs
12. Treat it like a dancmioeti

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Number these lines in the correct order.

- () safety and effectiveness, dietary supplements need far less government approval in many countries. This means
- () prescription, you say, 'oh, it's safe,' but that's not necessarily true." Gill urges consumers
- () boost their health. New research casts doubt on the benefits of these pills
- () and tablets. A new report from the American organisation Consumer Reports (CR) found serious health
- () Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were. She said they could cause liver
- () you're taking. Treat it like a medication. It's that important. It's really about your health."
- () risks from supplements that included vitamins, probiotics, and weight loss pills. CR said the biggest problem
- () failure, kidney failure requiring kidney transplants, seizures, and heart problems. Gill added: "Just because it's not
- (**1**) Millions of people around the world take dietary supplements in the belief that they will
- () to avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder. She warned:
- () with supplements is that they are largely unregulated. While medicinal drugs have to be tested for
- () taking supplements. She said: "Tell your doctor and your pharmacist what
- () "There have been deaths associated with each of these." She told people to seek medical help before
- () that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react to them.

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

1. that health they In will the boost belief their .
2. pills casts the these research on of New doubt benefits .
3. vitamins included that supplements from risks health Serious .
4. far government Dietary need less approval supplements .
5. means dark in are that This the largely consumers .
6. report The were supplements many dangerous how showed .
7. supplements 15 commonly in Avoid ingredients found .
8. each been of deaths these associated There with have .
9. medical help supplements ." She before taking said: "Seek
10. your what doctor you're and taking your Tell pharmacist .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

Millions of people around the world *take / eat* dietary supplements in the belief that they will *boost / boast* their health. New research casts doubt *in / on* the benefits of these pills and tablets. A new report from the American organisation Consumer Reports (CR) found serious *healthy / health* risks from supplements that *included / including* vitamins, probiotics, and weight loss pills. CR said the biggest problem with supplements is that they are *large / largely* unregulated. While medicinal drugs have to be tested for *safety / safe* and effectiveness, dietary supplements need *far / for* less government *approved / approval* in many countries. This means that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react *for / to* them.

Lisa Gill, an editor at CR, said the report showed *how / what* dangerous many supplements were. She said they could cause *liver / liven* failure, kidney failure requiring kidney *transplant / transplants*, seizures, and heart problems. Gill added: "Just because it's not *prescription / proscribe*, you say, 'oh, it's safe,' but that's not *necessarily / necessary* true." Gill urges consumers to *evade / avoid* 15 ingredients *commonly / common* found in supplements, including red yeast and caffeine powder. She warned: "There have been deaths associated *with / of* each of these." She told people to seek medical help before taking supplements. She said: "Tell your doctor and your pharmacist what you're *talking / taking*. Treat it like a medication. It's *that / then* important. It's really about your health."

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/1608/160801-dietary-supplements.html>

M__ll__ns _f p__pl_ _r__nd th_ w_rld t_k_ d__t_ry
s__ppl_m__nts _n th_ b_l__f th_t th_y w_ll b__st th__r
h__lth. N_w r_s__rch c__sts d__bt _n th_ b_n_f__ts _f
th_s_ p__lls _nd t__bl__ts. _ n_w r_p_r__t fr_m th_
_m_r_c_n _rg_n_s_t__n C__ns_m__r R_p_r__ts (CR) f__nd
s_r__s h__lth r_sks fr_m s__ppl_m__nts th_t _ncl_d_d
v__t_m__ns, pr_b__t__cs, _nd w__ght l__ss p__lls. CR s__d
th_ b__gg__st pr_b_l_m w__th s__ppl_m__nts _s th_t th_y _r_
l__rg_ly _nr_g_l__t_d. Wh_l__m_d_c_n_l dr_g_s h_v__t_
b__t__st_d f_r s_f__ty _nd _ff__ct_v__n__ss, d__t_ry
s__ppl_m__nts n__d f_r l__ss g_v_rnm__nt _ppr_v__l _n
m__ny c__ntr__s. Th_s m__ns th_t c__ns_m__rs _r_
l__rg_ly _n th_ d_rk r_g_rd__ng th_ _ngr_d__nts _f th_
s__ppl_m__nts _nd h_w th_ b__dy w_ll r__ct t__ th_m.

L_s_ G__ll, _n _d_t_r__t CR, s__d th_ r_p_r__t sh_w_d
h_w d__ng_r__s m__ny s__ppl_m__nts w_r_. Sh_ s__d th_y
c__ld c__s_l_v_r f__l_r_, k__dn_y f__l_r_r_q__r__ng
k__dn_y tr__nspl__nts, s__z__r__s, _nd h__rt pr_b_l_m_s. G__ll
_dd_d: "J__st b__c__s__t's n__t pr_scr__pt__n, y__s_y,
'_h, _t's s_f_, ' b__t th_t's n__t n_c__ss_r_ly tr__." G__ll
_rg_s c__ns_m__rs t__v__d 15 _ngr_d__nts c__mm_nly
f__nd _n s__ppl_m__nts, _ncl_d__ng r_d_y__st _nd
c__ff__n__p_wd_r. Sh_ w_rn_d: "Th_r_ h_v__b__n
d__ths _ss_c__t_d w__th __ch __f th_s_." Sh_ t__ld
p__pl_ t__s__k m__d_c_l h__lp b__f_r t__k__ng
s__ppl_m__nts. Sh_ s__d: "T__ll y__r d__ct_r _nd y__r
ph__rm_c__st wh_t y__'r t__k__ng. Tr__t t__l_k__
m__d_c__t__n. _t's th_t _mp_r__t__nt. _t's r__lly b__t
y__r h__lth."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1608/160801-dietary-supplements.html>

millions of people around the world take dietary supplements in the belief that they will boost their health new research casts doubt on the benefits of these pills and tablets a new report from the american organisation consumer reports (cr) found serious health risks from supplements that included vitamins probiotics and weight loss pills cr said the biggest problem with supplements is that they are largely unregulated while medicinal drugs have to be tested for safety and effectiveness dietary supplements need far less government approval in many countries this means that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react to them

lisa gill an editor at cr said the report showed how dangerous many supplements were she said they could cause liver failure kidney failure requiring kidney transplants seizures and heart problems gill added "just because it's not prescription you say 'oh it's safe' but that's not necessarily true" gill urges consumers to avoid 15 ingredients commonly found in supplements including red yeast and caffeine powder she warned "there have been deaths associated with each of these" she told people to seek medical help before taking supplements she said "tell your doctor and your pharmacist what you're taking treat it like a medication it's that important it's really about your health"

PUT A SLASH (/) WHERE THE SPACES ARE

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Millions of people around the world take dietary supplements in the belief that they will boost their health. New research casts doubt on the benefits of these pills and tablets. A new report from the American organisation Consumer Reports (CR) found serious health risks from supplements that included vitamins, probiotics, and weight loss pills. CR said the biggest problem with supplements is that they are largely unregulated. While medicinal drugs have to be tested for safety and effectiveness, dietary supplements need far less government approval in many countries. This means that consumers are largely in the dark regarding the ingredients of these supplements and how the body will react to them. Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were. She said they could cause liver failure, kidney failure requiring kidney transplants, seizures, and heart problems. Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true." Gill urges consumers to avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder. She warned: "There have been deaths associated with each of these." She told people to seek medical help before taking supplements. She said: "Tell your doctor and your pharmacist what you're taking. Treat it like medication. It's that important. It's really about your health."

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 the dangers of dietary supplements. Share what you discover with your partner(s) in the next lesson.

3. DIETARY SUPPLEMENTS: Make a poster about the different types of dietary supplements. Show your work to your classmates in the next lesson. Did you all have similar things?

4. REGULATED: Write a magazine article about dietary supplements and whether or not they should be regulated. 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 dietary supplements. Ask him/her three questions about them. Give him/her three of your ideas about how to make them safer. 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 T d F e T f F g F h T

SYNONYM MATCH (p.4)

- | | |
|------------------|------------------|
| 1. belief | a. opinion |
| 2. boost | b. improve |
| 3. doubt | c. uncertainty |
| 4. effectiveness | d. value |
| 5. react | e. respond |
| 6. dangerous | f. hazardous |
| 7. seizures | g. fits |
| 8. necessarily | h. automatically |
| 9. treat | i. deal with |
| 10. health | j. well-being |

COMPREHENSION QUESTIONS (p.8)

1. Boost it
2. Doubt
3. They are unregulated
4. Medicinal drugs
5. In the dark
6. Editor
7. They could fail
8. 15
9. Caffeine powder
10. Medication

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 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 ;-)