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## **Level 5**

### **Coffee drinkers may live longer**

**13th July, 2017**

<http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-5.html>

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

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# THE READING

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-5.html>

There is possible good news for coffee lovers. Drinking three or more cups a day may help you live longer. This is according to a study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at data on half a million people over the age of 35 from 10 countries. They suggest that drinking coffee means a lower risk of early death, particularly from heart diseases. They said people who had at least three cups of coffee up to 18% less likely to die from health problems than non-coffee drinkers.

Not all experts agree with the research. Some say the health benefits of coffee could be because coffee drinkers have more money and so are healthier. They also say that coffee drinkers may socialize more and this may increase wellbeing and help people to live longer. They say the research does not prove that drinking coffee has health benefits. Researchers also warn against drinking too much coffee. The maximum amount of caffeine to be safe is around 400 mg. More than this increases the risk of panic attacks, heart problems, and insomnia.

Sources: <http://www.bbc.com/news/health-40567047>  
<https://www.emaxhealth.com/13737/studies-show-drinking-coffee-helps-you-live-longer>  
<http://www.medicalnewstoday.com/articles/318324.php>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-5.html>

## PARAGRAPH ONE:

- |                           |                         |
|---------------------------|-------------------------|
| 1. possible good news for | a. three cups of coffee |
| 2. This is according      | b. death                |
| 3. data on half           | c. coffee lovers        |
| 4. a lower risk of early  | d. to a study           |
| 5. heart                  | e. likely to die        |
| 6. at least               | f. drinkers             |
| 7. up to 18% less         | g. a million people     |
| 8. non-coffee             | h. diseases             |

## PARAGRAPH TWO:

- |                                     |                        |
|-------------------------------------|------------------------|
| 1. Not all experts                  | a. caffeine to be safe |
| 2. the health benefits              | b. attacks             |
| 3. coffee drinkers have             | c. of coffee           |
| 4. this may increase                | d. problems            |
| 5. warn against drinking            | e. more money          |
| 6. The maximum amount of            | f. agree               |
| 7. this increases the risk of panic | g. wellbeing           |
| 8. heart                            | h. too much coffee     |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-5.html>

There is possible good news (1) \_\_\_\_\_. Drinking three or more cups a day (2) \_\_\_\_\_ live longer. This is according to a study from the International Agency for Research on Cancer and Imperial College London. Researchers looked (3) \_\_\_\_\_ a million people over (4) \_\_\_\_\_ from 10 countries. They suggest that drinking coffee means (5) \_\_\_\_\_ early death, particularly from heart diseases. They said people who had at least three cups of coffee up to 18% (6) \_\_\_\_\_ from health problems than non-coffee drinkers.

Not (7) \_\_\_\_\_ with the research. Some say the health (8) \_\_\_\_\_ could be because coffee drinkers have more money and so are healthier. They also say that coffee drinkers may socialize more and this may increase wellbeing and help people (9) \_\_\_\_\_. They say the research does not prove that drinking coffee has health benefits. Researchers (10) \_\_\_\_\_ drinking too much coffee. The maximum amount of caffeine to be (11) \_\_\_\_\_ 400 mg. More than this increases (12) \_\_\_\_\_ attacks, heart problems, and insomnia.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-5.html>

There is possible good news for coffee lovers. Drinking three or more cups a day may help you live longer. This is according to a study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at data on half a million people over the age of 35 from 10 countries. They suggest that drinking coffee means a lower risk of early death, particularly from heart diseases. They said people who had at least three cups of coffee up to 18% less likely to die from health problems than non-coffee drinkers. Not all experts agree with the research. Some say the health benefits of coffee could be because coffee drinkers have more money and so are healthier. They also say that coffee drinkers may socialize more and this may increase well-being and help people to live longer. They say the research does not prove that drinking coffee has health benefits. Researchers also warn against drinking too much coffee. The maximum amount of caffeine to be safe is around 400mg. More than this increases the risk of panic attacks, heart problems, and insomnia.

# COFFEE SURVEY

From <http://www.breakingnewsenglish.com/1707/170713-drinking-coffee-4.html>

Write five GOOD questions about coffee 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.

## WRITE QUESTIONS & ASK YOUR PARTNER

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

*Coffee drinkers may live longer – 13th July, 2017*  
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## WRITE QUESTIONS & ASK YOUR PARTNER

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

