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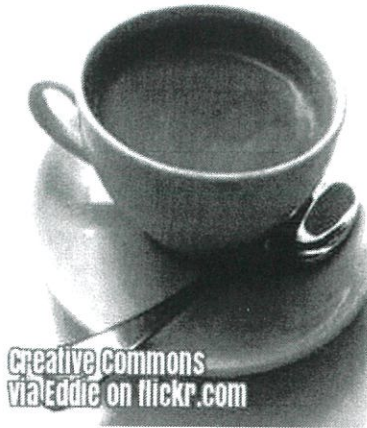
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Call ME

Breaking News English - The Mini Lesson

Coffee drinkers may live longer

13th July, 2017



There is potentially good news for coffee lovers. Drinking three or more cups of coffee a day may help people live longer. This is according to a 16-year-long study from the International Agency for Research on Cancer and Imperial College London. Researchers looked at

health data on over half a million people over the age of 35 from 10 European countries. They suggest that drinking more coffee is linked to a lower risk of death, particularly from heart diseases. This study showed that people who had a daily minimum of three cups of coffee were 8-18% less likely to die from health problems than non-coffee drinkers. Researchers said coffee drinkers had better liver function and a stronger immune system.

Not all experts agree with the research findings. Health experts suggest that the health benefits of drinking coffee could be because coffee drinkers may have more money and therefore live a healthier lifestyle. They also say that because drinking coffee can be a social activity, coffee drinkers may socialize more and this may increase wellbeing and help us live longer. They say the research does not prove that drinking coffee has concrete health benefits. Researchers also caution against drinking too much coffee. The upper level of safe caffeine intake is around 400 mg. More than this increases the risk of suffering from panic attacks, heart problems, and insomnia.

Sources: bbc.com / emaxhealth.com / medicalnewstoday.com

Writing

Caffeine is a drug and should be banned. Discuss.

Chat

Talk about these words from the article.

potentially / good news / coffee lovers / study / health / risk / minimum / function / experts / benefits / healthier lifestyle / concrete / upper level / caffeine / panic

True / False

- a) The article says coffee makes you a better lover. T / F
- b) Researchers conducted a 16-year-long study into coffee drinking. T / F
- c) Researchers looked at the health data of just under half a million people. T / F
- d) The study found that drinking coffee damaged the liver. T / F
- e) The article said there was not agreement by experts on these findings. T / F
- f) Coffee drinkers may be healthier because they are wealthier. T / F
- g) Researchers advised against having more than 400mg of caffeine a day. T / F
- h) Researchers said 500mg of caffeine helps to avoid panic attacks. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|------------------|
| 1. according to | a. possibility |
| 2. data | b. top |
| 3. linked | c. specialists |
| 4. risk | d. statistics |
| 5. likely | e. show |
| 6. experts | f. probable |
| 7. lifestyle | g. as claimed by |
| 8. prove | h. sleeplessness |
| 9. upper | i. way of life |
| 10. insomnia | j. connected |

Discussion – Student A

- a) What do you think of coffee?
- b) Why does one study say coffee is bad for us and another says it is good?
- c) Why is coffee so popular around the world?
- d) Would you drink more coffee if it had health benefits?
- e) What do you drink to stay healthy?
- f) Do you prefer coffee or tea? Why?
- g) From what age is it OK to start drinking coffee?
- h) How is your immune system?

Coffee drinkers may live longer(July 13, 2017)

1. Who conducted this study?

Who did the researchers study?

2. What did the researchers suggest?

3. Do all experts agree with this research?

What do they suggest?

4. What do researchers caution against?

What's the upper level of safe caffeine intake? What does more than that increase?

5. Do you drink coffee?

If yes, how many cups do you usually drink a day?

If yes, what's your favorite coffee shop?