



Boost Your Body with Cocoa: Defense Against Fatty Foods & Stress

Description

Certain indulgent foods that provide comfort during stressful times may not always align with our health goals. However, in a surprising twist, researchers have discovered a potential solution to counteract the negative effects of high-fat meals on our health by combining them with a specific type of cocoa.

Stressful situations, even brief ones, have been known to temporarily impact the function of our arteries. Consuming fatty foods, while momentarily satisfying, can actually worsen the stress on our cardiovascular system, hindering our recovery process.

The encouraging news is that there seems to be a remedy, and it comes in the form of a dessert following a high-fat meal. In a controlled study conducted on healthy adults at the University of Birmingham, it was observed that cocoa powder rich in antioxidants could potentially counteract the decline in vascular function associated with stress and fatty foods.

The experiment involved 23 participants consuming a fatty meal consisting of butter croissants with cheddar cheese and whole milk. Half of the group consumed a cocoa beverage high in flavanols, while the other half consumed a low-flavanol version.

After undergoing a mentally stressful task, researchers found that those who consumed the high-flavanol cocoa showed improved arterial function compared to the low-flavanol group. The high-flavanol cocoa beverage seemed to protect against the negative effects of the fatty meal and stress on the participants' arteries.

This study sheds light on the potential benefits of incorporating flavanol-rich foods into our diets, especially during challenging periods. While further research is necessary to confirm these findings, it highlights the role of flavanols in promoting cardiovascular health and potentially cognitive function.

Vocabulary List:

1. **Indulgent** /ɪnˈdʌl.dʒənt/ (adjective): Characterized by excessive indulgence or luxury.
2. **Counteract** /ˌkaʊn.təˈrækt/ (verb): To act against something to reduce its force or neutralize it.
3. **Vascular** /ˈvæs.kjʊ.lər/ (adjective): Relating to or consisting of blood vessels.
4. **Flavanols** /ˈfleɪ.və.nɔːlz/ (noun): A type of antioxidant found in cocoa and certain fruits.
5. **Cognitive** /ˈkɒg.nɪ.tɪv/ (adjective): Relating to the mental process of perception memory judgment and reasoning.
6. **Antioxidants** /ˌæntiˈɒk.sɪ.dənt/ (noun): Substances that inhibit oxidation and counteract the deterioration of stored food products.



Comprehension Questions

Multiple Choice

1. What is the potential solution discovered to counteract the negative effects of high-fat meals?
Option: Specific type of cocoa
Option: Orange juice
Option: Tomato soup
Option: Green tea
2. What impact can stressful situations have on the function of our arteries?
Option: Temporarily impact
Option: Improve
Option: No impact
Option: Cause permanent damage
3. How many participants were involved in the experiment conducted at the University of Birmingham?
Option: 20
Option: 23
Option: 30
Option: 40
4. Which group in the experiment consumed a cocoa beverage high in flavanols?
Option: Both groups
Option: One-third of the participants
Option: Half of the group
Option: None of the participants
5. What did researchers observe about arterial function in participants who consumed high-flavanol cocoa?
Option: Decreased function
Option: No change
Option: Improved function
Option: Function remained the same
6. What do flavanols potentially promote according to the study?
Option: Hair growth



- Option: Skin hydration
- Option: Cardiovascular health
- Option: Muscle mass

True-False

- 7. High-fat meals have no negative effects on our health.
- 8. The study participants only consumed green vegetables throughout the experiment.
- 9. The experiment conducted at the University of Birmingham involved only teenagers.
- 10. Cocoa powder used in the study was low in antioxidants.
- 11. Further research is unnecessary to confirm the findings of the study.
- 12. Flavanols play no role in promoting cognitive function according to the study.

Gap-Fill

- 13. The study participants consumed butter croissants with cheddar cheese and whole milk as part of the fatty meal consisting of _____ items.
- 14. The University of Birmingham study highlighted the potential benefits of incorporating flavanol-rich foods into our diets, especially during _____ periods.
- 15. Researchers found that those who consumed high-flavanol cocoa showed improved arterial function compared to the _____ group.
- 16. The study emphasized the role of flavanols in promoting _____ health.
- 17. The University of Birmingham study involved _____ participants in total.
- 18. Stressful situations can temporarily impact the _____ of our arteries.



Answer

Multiple Choice: 1. Specific type of cocoa 2. Temporarily impact 3. 23 4. Half of the group 5. Improved function 6. Cardiovascular health

True-False: 7. False 8. False 9. False 10. False 11. False 12. False

Gap-Fill: 13. three 14. challenging 15. low-flavanol 16. cardiovascular 17. 23 18. function

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. A consortium refers to:

- Option: A group of individuals with shared interests
- Option: A solo business enterprise
- Option: A state government organization
- Option: An independent research institute

2. Toxicity is a term used to describe:

- Option: The medicinal benefits of a substance
- Option: The harmful effects of a substance on living organisms
- Option: The taste of a particular chemical compound
- Option: The color of a poisonous gas

3. A chronic condition is one that is:

- Option: Temporary and short-lived
- Option: Fatal and incurable
- Option: Severe but brief
- Option: Persisting over a long period of time

4. Cognitive processes involve:

- Option: Physical movements and reflexes
- Option: Brain functions like thinking and memory
- Option: Emotional responses and reactions
- Option: Respiratory and circulatory activities

5. Enhancing means:



- Option: Diminishing or reducing
- Option: Improving or making better
- Option: Maintaining at current levels
- Option: Modifying to be different

6. Proliferation refers to:

- Option: Decrease in population
- Option: Rapid increase or growth
- Option: Stabilization of numbers
- Option: High mortality rate

7. Being meticulous involves:

- Option: Careful attention to detail
- Option: Hastily completing tasks
- Option: Being reckless
- Option: Lacking concern for accuracy

8. Correlations refer to:

- Option: Causal relationships
- Option: Unrelated factors
- Option: Negative outcomes
- Option: Statistical associations between variables

9. Neuroticism is characterized by:

- Option: Stability and calmness
- Option: Excessive worry and anxiety
- Option: Outgoing and sociable behavior
- Option: Confidence and assertiveness

10. Vascular pertains to:

- Option: Bones and muscles
- Option: Immune system
- Option: Blood vessels
- Option: Digestive system

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Hazards are potential sources of _____ to health or the environment.



12. The study of changes in gene expression caused by modification of the _____ rather than alteration of the genetic code itself is called epigenetics.
13. Smoking is a habit that has many _____ effects on health especially on the lungs and heart.
14. Being _____ in unhealthy eating habits can lead to obesity and other health issues.
15. The concept of _____ in molecules refers to their mirror-image symmetry.
16. Regular exercise has a _____ impact on overall health and well-being.
17. An _____ studies the patterns causes and effects of health and disease conditions in defined populations.
18. Taking the prescribed _____ is important to manage certain medical conditions.
19. To _____ the negative effects of stress individuals can practice relaxation techniques.
20. The _____ impact of small lifestyle choices can significantly affect long-term health outcomes.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The reckless actions of the driver led to severe repercussions for all involved.
22. Her meticulous attention to detail and conscientiousness made her a valuable team member.
23. Various psychological disorders can impact an individual's daily functioning and well-being.
24. Consuming foods rich in flavanols may have positive effects on heart health.
25. The alterations made to the original design improved the efficiency of the product.
26. The process of methylation plays a role in gene expression and regulation.



27. Regular exercise is beneficial for cardiovascular health and overall fitness.
28. Fruits and vegetables are rich sources of antioxidants which help protect cells from damage.
29. His dedication and hard work epitomized the values of the company.
30. The epidemiologist conducted a comprehensive study to determine the cause of the disease outbreak.

Answer

Multiple Choice: 1. A group of individuals with shared interests 2. The harmful effects of a substance on living organisms 3. Persisting over a long period of time 4. Brain functions like thinking and memory 5. Improving or making better 6. Rapid increase or growth 7. Careful attention to detail 8. Statistical associations between variables 9. Excessive worry and anxiety 10. Blood vessels

Gap-Fill: 11. danger 12. epigenome 13. detrimental 14. indulgent 15. homochirality 16. substantial 17. epidemiologist 18. medication 19. counteract 20. cumulative

Matching sentence: 1. Repercussions 2. Conscientiousness 3. Disorders 4. Flavanols 5. Alterations 6. Methylation 7. Cardiovascular 8. Antioxidants 9. Epitomizing 10. Epidemiologist

CATEGORY

1. Health - LEVEL5

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