



Dangerous Algae Linked to Memory Loss in Seafood

Description

A new study has found that coffee can have positive effects on our health. Researchers from the University of Southampton in the UK analyzed data from over 200 previous studies on coffee consumption.

They discovered that drinking three to four cups of coffee a day can lower the risk of certain health conditions. These include liver disease, Parkinson's disease, and Type 2 diabetes.

The study also showed that coffee drinkers have a lower risk of developing some types of cancer, including prostate, endometrial, skin, and liver cancer. However, the researchers noted that adding sugar, cream, or other additives to coffee could negate these health benefits.

They believe that the antioxidants and anti-inflammatory properties in coffee are responsible for its positive effects on health. However, they caution that drinking too much coffee can have negative effects, such as insomnia, anxiety, and digestive issues.

The researchers hope that their findings will help people make informed decisions about their coffee consumption. They recommend sticking to three to four cups a day to reap the health benefits without risking negative side effects.

In conclusion, moderate coffee consumption can be a part of a healthy lifestyle, but it's important to be mindful of what we add to our coffee for optimal health benefits.

Vocabulary List:

1. **Antioxidants** /ˌæn.tiˈɑɪ.kɪ.dənts/ (noun): Substances that prevent or slow damage to cells caused by free radicals.
2. **Additives** /ˈæd.ɪ.tɪvz/ (noun): Substances added to something in small quantities to improve or preserve it.
3. **Consumption** /kənˈsʌmp.ʃən/ (noun): The act of using up a resource or the amount of something that is consumed.
4. **Moderate** /ˈmɒd.ər.ət/ (adjective): Average in amount intensity quality or degree.
5. **Benefits** /ˈbenɪfɪts/ (noun): An advantage or profit gained from something.
6. **Negate** /nɪˈɡeɪt/ (verb): To make ineffective or invalid.

Comprehension Questions



Multiple Choice

1. How many cups of coffee a day did the study find to have health benefits?
Option: 1-2 cups
Option: 3-4 cups
Option: 5-6 cups
Option: 7-8 cups
2. Which health conditions were mentioned to have a lower risk with moderate coffee consumption?
Option: Heart disease
Option: Liver disease
Option: Lung disease
Option: Kidney disease
3. What did the researchers caution against adding to coffee for optimal health benefits?
Option: Sugar
Option: Cream
Option: Alcohol
Option: Water
4. What negative effects were mentioned from excessive coffee consumption?
Option: Weight loss
Option: Insomnia
Option: Hypertension
Option: Memory improvement
5. What did the researchers attribute the positive health effects of coffee to?
Option: Caffeine
Option: Antioxidants and anti-inflammatory properties
Option: Preservatives
Option: Sugar content
6. How many studies did the researchers analyze in the University of Southampton study?
Option: Over 100 studies
Option: Over 200 studies
Option: Over 300 studies
Option: Over 400 studies



True-False

7. Coffee consumption has no effect on the risk of liver disease.
8. Excessive coffee consumption can lead to anxiety.
9. Adding sugar to coffee enhances its health benefits.
10. The study found no association between coffee consumption and certain types of cancer.
11. Moderate coffee consumption can be part of a healthy lifestyle according to the researchers.
12. The researchers recommend drinking at least 5 cups of coffee per day.
13. According to the study, drinking 3 to 4 cups of coffee a day can lower the risk of certain health conditions such as liver disease, Parkinson's disease, and Type 2 diabetes.
14. The researchers believe that the antioxidants and anti-inflammatory properties in coffee are responsible for its positive effects on health.
15. Adding sugar, cream, or other additives to coffee could negate the health benefits according to the researchers.

Gap-Fill

16. The study recommended sticking to _____ cups a day to reap the health benefits without risking negative side effects.
17. Excessive coffee consumption can lead to negative effects like _____, anxiety, and digestive issues.
18. The researchers hope that their findings will help people make informed decisions about their coffee consumption by understanding the benefits and risks involved.

Answer

Multiple Choice: 1. 3-4 cups 2. Liver disease 3. Sugar 4. Insomnia 5. Antioxidants and anti-inflammatory properties



6. Over 200 studies

True-False: 7. False 8. True 9. False 10. False 11. True 12. False 13. False 14. False 15. False 18. False

Gap-Fill: 16. three to four 17. insomnia

Vocabulary quizzes

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

1. Which activity helps in reducing waste and protecting the environment?

Option: Consumption

Option: Recycling

Option: Dangerous

Option: Participants

2. What type of waste poses a potential threat to public health or the environment?

Option: Antioxidants

Option: Hazardous

Option: Additives

Option: Exciting

3. Which aspect is crucial when it comes to handling hazardous materials?

Option: Caffeine

Option: Efficient

Option: Safety

Option: Moderate

4. What process involves improving the quality or value of something?

Option: Inflammation

Option: Enhancing

Option: Council

Option: Recall

5. Which substances help protect cells against the effects of free radicals?

Option: Benefits

Option: Antioxidants

Option: Nutrients

Option: Waste

6. What term refers to the using up of a resource?

Option: Recycling

Option: Consumption



Option: Encourage

Option: Facility

7. Who are the individuals taking part in a research study or experiment?

Option: Recall

Option: Placebo

Option: Participants

Option: Exciting

8. What is a substance or treatment that has no therapeutic effect?

Option: Diet

Option: Placebo

Option: Environment

Option: Additives

9. What are advantages or gains that come from a specific action or decision?

Option: Benefits

Option: Negate

Option: Inflammation

Option: Efficient

10. What is the state of being free from illness or injury?

Option: Antioxidants

Option: Health

Option: Diet

Option: Council

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

11. Using an _____ process in recycling can lead to cost savings and resource conservation.

12. The local council aims to _____ residents to adopt sustainable practices.

13. Consuming caffeine in _____ amounts is generally considered safe for most adults.

14. The _____ has proposed new initiatives to improve waste management in the city.

15. The company issued a product _____ due to potential contamination.



16. Antioxidants are known to reduce _____ in the body thus promoting overall health.
17. A balanced diet provides essential _____ required for proper body function.
18. Following a healthy _____ can significantly impact one's well-being.
19. Reducing household _____ can contribute to a cleaner environment.
20. Some food products contain artificial _____ to enhance flavor or appearance.

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

21. The new technology innovations presented at the conference were truly groundbreaking.
22. Preserving the natural is essential for the well-being of future generations.
23. The renovations made to the old building resulted in a more functional workspace.
24. The team of conducted experiments to analyze the effects of the new drug.
25. Fruits like blueberries and strawberries are rich in natural .
26. Many people rely on the stimulating effects of to kickstart their day.
27. Regular exercise can help to the negative impacts of a sedentary lifestyle.
28. Engaging in mindfulness practices has numerous mental and emotional .
29. The study requires willing to volunteer for the clinical trials.
30. Regular physical activity is crucial for maintaining good and preventing diseases.

Answer

Multiple Choice: 1. Recycling 2. Hazardous 3. Safety 4. Enhancing 5. Antioxidants 6. Consumption
7. Participants 8. Placebo 9. Benefits 10. Health

Gap-Fill: 11. Efficient 12. Encourage 13. Moderate 14. Council 15. Recall 16. Inflammation 17. Nutrients 18.
Diet 19. Waste 20. Additives

Matching sentence: 1. Exciting 2. Environment 3. Improvements 4. Researchers 5. Antioxidants 6. Caffeine
7. Negate 8. Benefits 9. Participants 10. Health



CATEGORY

1. Health - LEVEL3

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