



Discover: Humans Experience Rapid Aging at 44 and 60

Description

A new study published in a medical journal reveals that eating fruit daily may help reduce heart disease risk. The study followed over 500,000 adults in China for seven years and found that those who consumed fruit regularly had lower blood pressure and a lower risk of heart disease compared to those who rarely ate fruit.

The researchers noted that the participants who ate fruit every day had a 25% lower risk of developing heart disease than those who ate it less than once a week. They also found that each daily serving of fruit was linked to a 4% decrease in the risk of heart disease.

Fruit is known to be rich in vitamins, minerals, and antioxidants, which are beneficial for heart health. The study emphasizes the importance of including fruit in our daily diet to maintain a healthy heart.

Dr. Li, the lead author of the study, stated, "Our findings support the recommendation of increasing fruit consumption to promote heart health. Even small amounts of fruit each day may have a significant impact on reducing the risk of heart disease."

This study adds to the existing evidence that a balanced diet that includes fruit can have a positive impact on heart health. It's a simple and delicious way to take care of your heart.

Vocabulary List:

1. **Consumption** /kən'sʌmpʃən/ (noun): The act of using up a resource or consuming food.
2. **Beneficial** /ˌbɛnɪ'fɪəl/ (adjective): Producing good results or helpful effects.
3. **Emphasizes** /'ɛmfə'saɪzɪz/ (verb): To give special importance or prominence to something.
4. **Antioxidants** /ˌænti'ɑːkɪdənt/ (noun): Substances that inhibit oxidation and neutralize free radicals.
5. **Significant** /sɪg'nɪfɪkənt/ (adjective): Sufficiently great or important to be worthy of attention.
6. **Regularly** /'rɛɡjələrlɪ/ (adverb): At uniform intervals of time; in a consistent manner.

Comprehension Questions

Multiple Choice



1. According to the study how many adults in China were followed for seven years?
Option: 100,000
Option: 250,000
Option: 500,000
Option: 1,000,000
2. What percentage lower risk of heart disease did people have by consuming fruit daily?
Option: 10%
Option: 15%
Option: 25%
Option: 30%
3. How much percentage decrease in the risk of heart disease was linked to each daily serving of fruit?
Option: 1%
Option: 2%
Option: 3%
Option: 4%
4. Which component found in fruit is beneficial for heart health according to the study?
Option: Sugar
Option: Protein
Option: Antioxidants
Option: Fats
5. Who is mentioned as the lead author of the study?
Option: Dr. Smith
Option: Dr. Brown
Option: Dr. Li
Option: Dr. Patel
6. What is recommended to promote heart health based on the study?
Option: Reducing fruit consumption
Option: Consuming fruit daily
Option: Avoiding all types of fruits
Option: Eating only vegetables

Answer

Multiple Choice: 1. 500,000 2. 25% 3. 4% 4. Antioxidants 5. Dr. Li 6. Consuming fruit daily



Vocabulary quizzes

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

1. What is emphasized to promote the intake of nutrients?
Option: Regular exercise
Option: Moderate consumption
Option: Irregular habits
Option: Skipping meals
2. Which substances help protect cells from damage caused by free radicals?
Option: Sugars
Option: Antioxidants
Option: Preservatives
Option: Artificial colors
3. Which organ is primarily responsible for detoxifying the body?
Option: Lungs
Option: Heart
Option: Liver
Option: Kidneys
4. What can exposure to pathogens lead to in the body?
Option: Inflammation
Option: Protection
Option: Vaccination
Option: Infection
5. What proactive measure is crucial for early disease identification and treatment?
Option: Detection
Option: Prevention
Option: Neglect
Option: Suppression
6. What principle suggests avoiding excess or extremes?
Option: Moderation
Option: Abstinence
Option: Indulgence
Option: Escapism
7. What is crucial for maintaining physical and mental well-being?



- Option: Sedentary lifestyle
- Option: Regular exercise
- Option: Inactivity
- Option: Exhaustion

8. What approach involves taking action to prevent potential issues?

- Option: Reactive
- Option: Proactive
- Option: Passive
- Option: Resistant

9. What type of thinking leads to the development of new ideas and methods?

- Option: Traditional
- Option: Innovative
- Option: Obsolete
- Option: Conventional

10. What word describes effects or activities that promote well-being?

- Option: Harmful
- Option: Beneficial
- Option: Detrimental
- Option: Destructive

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

- 11. Engaging in physical activity _____ can improve overall health.
- 12. Maintaining a sense of _____ is essential for personal growth.
- 13. In cases of organ failure a _____ may be necessary for survival.
- 14. It is widely _____ that prevention is better than cure.
- 15. Showing genuine _____ for others can strengthen relationships.
- 16. Providing _____ to someone in distress can offer comfort.
- 17. _____ healthy foods into your diet is key to a balanced nutrition plan.
- 18. Medical professionals follow strict _____ for patient care.



19. The importance of education _____ the value of knowledge.
20. Each individual has the ability to _____ positively to society.

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

21. Incorporating exercise and healthy habits contributes to overall .
22. Stimulating activities can enhance function and prevent decline.
23. The transplant was successful restoring the patient's voice.
24. Regular exercise has a impact on cardiovascular health.
25. Early detection is crucial for effective treatment of chronic .
26. Ensuring safety is a top for healthcare providers.
27. Being in social activities can improve mental well-being.
28. Antioxidants help cells from oxidative stress.
29. Taking a approach to health can prevent future complications.
30. Consuming alcohol in is key to overall health.

Answer

Multiple Choice: 1. Moderate consumption 2. Antioxidants 3. Liver 4. Infection 5. Detection 6. Moderation 7. Regular exercise 8. Proactive 9. Innovative 10. Beneficial

Gap-Fill: 11. Regularly 12. Independence 13. Transplant 14. Acknowledged 15. Concern 16. Reassurance 17. Incorporating 18. Protocols 19. Emphasizes 20. Contribute

Matching sentence: 1. Well-being 2. Cognitive 3. Laryngeal 4. Significant 5. Disease 6. Priority 7. Engaged 8. Protect 9. Proactive 10. Moderation

CATEGORY

1. Health - LEVEL3

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