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## Discover Your Micronutrient Deficiencies Today!

### Description

On Monday, a new study was released by researchers from the University of Oxford, revealing that drinking coffee may have numerous health benefits. The study found that coffee consumption is linked to a lower risk of liver disease, heart failure, and even stroke.

The research team analyzed data from over 500,000 people across the UK, and their findings suggest that drinking coffee regularly could reduce the risk of developing these serious health conditions. Additionally, the study showed that moderate coffee consumption could also lower the risk of developing type 2 diabetes and certain types of cancer.

While the study highlights the potential health benefits of drinking coffee, it's important to note that excessive consumption can still have negative effects on a person's health. The researchers recommend sticking to around three to four cups of coffee per day to reap the benefits without overdoing it.

Dr. Paul Smith, one of the lead researchers, stated that these findings provide further evidence that coffee can be a part of a healthy lifestyle when consumed in moderation. He also emphasized the need for more research to fully understand the impact of coffee on overall health.

Overall, the study suggests that enjoying a few cups of coffee each day could potentially contribute to a healthier life.

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### Vocabulary List:

1. **Consumption** /kən'sʌmpʃən/ (noun): The act of using eating or drinking something.
2. **Moderate** /'mɒdə'reɪt/ (adjective): Avoiding excess; within reasonable limits.
3. **Conditions** /kən'dɪʃənz/ (noun): The circumstances or factors affecting a situation.
4. **Benefits** /'benɪfɪts/ (noun): Advantages or positive outcomes resulting from something.
5. **Risk** /rɪsk/ (noun): The possibility of loss or injury.
6. **Emphasized** /'ɛmfəsaɪzd/ (verb): Made something more noticeable or prominent.

### Comprehension Questions

#### Multiple Choice



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1. According to the study, what serious health conditions is coffee consumption linked to a lower risk of?
    - Option: Diabetes and high cholesterol
    - Option: Liver disease, heart failure, and stroke
    - Option: Lung cancer and arthritis
    - Option: Obesity and asthma
  
  2. How many people's data was analyzed by the research team?
    - Option: 50,000
    - Option: 100,000
    - Option: 250,000
    - Option: 500,000
  
  3. According to Dr. Paul Smith, how many cups of coffee per day should one stick to for benefits without overdoing it?
    - Option: 1-2 cups
    - Option: 3-4 cups
    - Option: 5-6 cups
    - Option: 7-8 cups
  
  4. What did the study suggest about the impact of moderate coffee consumption on certain types of cancer?
    - Option: It increased the risk
    - Option: It had no effect
    - Option: It lowered the risk
    - Option: It caused cancer
  
  5. What did Dr. Paul Smith emphasize the need for in relation to the study?
    - Option: More coffee consumption
    - Option: Less research
    - Option: More research
    - Option: No research
  
  6. The study found a link between coffee consumption and a lower risk of which of the following health conditions?
    - Option: Hypertension and dementia
    - Option: Kidney disease and gout
    - Option: Liver disease and heart failure
    - Option: Depression and anxiety



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### True-False

7. Excessive coffee consumption can have negative effects on a person's health according to the study.
8. Dr. Paul Smith believes that coffee should be consumed in unlimited quantities for health benefits.
9. The study showed that coffee consumption is linked to a higher risk of type 2 diabetes.
10. The research team analyzed data from 1 million people for the study.
11. The study suggests that moderate coffee consumption could lead to an increased risk of heart failure.
12. Dr. Paul Smith stated that coffee consumption has no impact on overall health.

### Gap-Fill

13. According to the findings, drinking coffee regularly could reduce the risk of developing liver disease, heart failure, and stroke. It is recommended to stick to around three to four cups of coffee per day to reap the benefits without \_\_\_\_\_ it.
14. Dr. Paul Smith emphasized the need for more research to fully understand the impact of coffee on overall health, suggesting that there is still much \_\_\_\_\_ in this area.
15. The study highlights the potential health benefits of drinking coffee, but excessive consumption can still have \_\_\_\_\_ effects on a person's health.
16. Enjoying a few cups of coffee each day could potentially contribute to a healthier life, showcasing the \_\_\_\_\_ of moderate coffee consumption.
17. The researchers recommend sticking to around three to four cups of coffee per day to reap the benefits without \_\_\_\_\_ it.
18. It is important to note that excessive consumption can have \_\_\_\_\_ effects on a



person's health.

## Answer

**Multiple Choice:** 1. Liver disease, heart failure, and stroke 2. 500,000 3. 3-4 cups 4. It lowered the risk  
5. More research 6. Liver disease and heart failure

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

**Gap-Fill:** 13. overdoing 14. uncertainty 15. negative 16. benefits

## Vocabulary quizzes

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

1. Which term refers to a style of cooking?

Option: Vegetarian

Option: Cuisine

Option: Ambiance

Option: Delicious

2. What promotes the production of antioxidants?

Option: Consumption

Option: Benefits

Option: Risk

Option: Antioxidants

3. Which term is associated with a joyous event or occasion?

Option: Scorching

Option: Celebration

Option: Anticipated

Option: Exploring

4. Which term describes something as having high status or esteem?

Option: Highlight

Option: Prestigious

Option: Economy

Option: Consumption

5. What activity involves systematic investigation to establish facts?

Option: Conditions



- Option: Research
- Option: Festival
- Option: Attracted

6. Which term refers to the probability of something happening?

- Option: Consumption
- Option: Moderate
- Option: Likelihood
- Option: Implications

7. What term describes drawing interest or attention towards something?

- Option: Conditions
- Option: Benefits
- Option: Risk
- Option: Attracted

8. What term means giving special importance or prominence to something?

- Option: Research
- Option: Emphasized
- Option: Festival
- Option: Highlight

9. Which term refers to taking part in a contest or competition?

- Option: Antioxidants
- Option: Buildup
- Option: Competing
- Option: Scorching

10. What term refers to searching or investigating something?

- Option: Celebration
- Option: Highlighted
- Option: Consumption
- Option: Exploring

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

11. The \_\_\_\_\_ of dishes at the restaurant was impressive.

12. Excessive \_\_\_\_\_ of junk food can lead to health issues.

13. It is essential to consume alcohol in \_\_\_\_\_ amounts.



14. There was a \_\_\_\_\_ of excitement before the concert started.
15. The country's \_\_\_\_\_ is showing signs of improvement.
16. The decision had far-reaching \_\_\_\_\_ on the company.
17. Investing in stocks carries a certain level of \_\_\_\_\_.
18. The award ceremony will \_\_\_\_\_ the achievements of young artists.
19. The road race was held despite unfavorable \_\_\_\_\_.
20. Regular exercise has numerous health \_\_\_\_\_.

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

21. The freshly baked cookies were irresistible and mouth-watering.
22. The teacher commended the students for their hard work and dedication.
23. The new movie release was eagerly awaited by fans worldwide.
24. The desert sun beat down on the travelers creating unbearable heat.
25. People from different cultures come together to celebrate this annual event.
26. The restaurant offers a variety of international cuisines to cater to diverse tastes.
27. The report underscored the key findings of the research study.
28. Regular meditation is known to have numerous positive effects on mental well-being.
29. The grand party was a celebratory event marking a significant milestone.
30. Despite the adverse weather the sports event continued as planned.

## Answer

**Multiple Choice:** 1. Cuisine 2. Consumption 3. Celebration 4. Prestigious 5. Research 6. Likelihood 7. Attracted 8. Emphasized 9. Competing 10. Exploring

**Gap-Fill:** 11. Selection 12. Consumption 13. Moderate 14. Buildup 15. Economy 16. Implications 17. Risk 18. Highlight



19. Conditions 20. Benefits

**Matching sentence:** 1. Delicious 2. Praising 3. Anticipated 4. Scorching 5. Festival 6. Cuisines 7. Highlighted  
8. Benefits 9. Celebration 10. Conditions

## CATEGORY

1. Health - LEVEL3

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### **Author**

aimeeyoung99

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