



Drink Milk Daily: Cut Bowel Cancer Risk by 14%!

Description

Drinking a glass of milk every day can help your stomach stay healthy, according to new research.

A study of over half a million women found that having 200 grams of milk daily could reduce the chances of getting colorectal cancer by up to 14 percent.

Other studies have also shown that dairy foods rich in calcium can protect the gut, especially in women who don't get enough calcium and are at risk of deficiencies.

In this study, dairy products like yogurt and milk were found to have the strongest link to lower risk of colorectal cancer.

Calcium was the key factor in reducing the risk, even from non-dairy sources like soy.

On the other hand, alcohol and red or processed meat were linked to an increased risk of bowel cancer.

While more research is needed to confirm the findings, it's clear that a healthy lifestyle and diet can help prevent bowel cancer.

So, remember to drink your milk and eat foods rich in calcium for a healthier gut!

Vocabulary List:

1. **Colorectal** /ˌkɒl.ə'rek.təl/ (adjective): Relating to the colon and rectum.
2. **Deficiencies** /dɪ'fɪj.ən.siz/ (noun): Lack of a necessary quality or ingredient.
3. **Calcium** /'kæɪ.sɪ.əm/ (noun): A chemical element essential for living organisms particularly in bone formation.
4. **Process** /'prɒ:.ses/ (noun): A series of actions or steps taken in order to achieve a particular end.
5. **Research** /'ri:.sɜ:rʃ/ (noun): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.
6. **Lifestyle** /'laɪf.staɪl/ (noun): The way in which a person or group lives.

Comprehension Questions

Multiple Choice



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1. What benefit does drinking a glass of milk every day have?
 - Option: Improves bone density
 - Option: Helps reduce the chances of colorectal cancer
 - Option: Increases the risk of bowel cancer
 - Option: Causes calcium deficiency

 2. Which dairy product was found to have the strongest link to lower risk of colorectal cancer in the study?
 - Option: Cheese
 - Option: Butter
 - Option: Yogurt
 - Option: Ice cream

 3. What is the key factor in reducing the risk of colorectal cancer in the study?
 - Option: Protein
 - Option: Vitamin C
 - Option: Calcium
 - Option: Fiber

 4. Which of the following is NOT linked to an increased risk of bowel cancer?
 - Option: Alcohol
 - Option: Processed meat
 - Option: Red meat
 - Option: Dairy products

 5. What can help prevent bowel cancer according to the content?
 - Option: Drinking alcohol
 - Option: Consuming red meat
 - Option: A healthy lifestyle and diet
 - Option: Avoiding dairy products

 6. Which type of food was found to have the strongest link to an increased risk of bowel cancer?
 - Option: Fruits
 - Option: Vegetables
 - Option: Red meat
 - Option: Whole grains

True-False



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7. Consuming dairy foods rich in calcium can protect the gut from deficiencies.
 8. Alcohol consumption is associated with a lower risk of bowel cancer.
 9. The study concluded that more research is not required to confirm its findings.
 10. Drinking milk daily has no impact on stomach health according to the new research.
 11. Dairy products like yogurt and milk were not found to lower the risk of colorectal cancer.
 12. Calcium was not identified as the key factor in reducing the risk of colorectal cancer.

Gap-Fill

13. Having 200 grams of milk daily could reduce the chances of getting colorectal cancer by up to _____ percent.
14. More research is needed to confirm the findings that a healthy lifestyle and diet can help prevent _____ cancer.
15. Dairy products like yogurt and milk were found to have the strongest link to lower risk of colorectal _____.
16. The study emphasized the importance of consuming foods rich in _____ for a healthier gut.
17. Consuming alcohol and red or processed meat were linked to an increased risk of bowel _____.
18. Dairy foods rich in calcium can protect the gut, especially in individuals at risk of _____.



Answer

Multiple Choice: 1. Helps reduce the chances of colorectal cancer 2. Yogurt 3. Calcium 4. Dairy products
5. A healthy lifestyle and diet 6. Red meat

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

Gap-Fill: 13. 14 14. bowel 15. cancer 16. calcium 18. deficiencies

Vocabulary quizzes

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

1. Which natural disasters are characterized by uncontrolled fires in wildlands?

- Option: Hurricanes
- Option: Earthquakes
- Option: Wildfires
- Option: Tornadoes

2. Which process describes the gradual development of organisms over generations?

- Option: Revolutionary
- Option: Evolutionary
- Option: Reactionary
- Option: Involuntary

3. Which mineral is essential for strong bones and teeth?

- Option: Iron
- Option: Calcium
- Option: Potassium
- Option: Magnesium

4. Which infectious bacterial disease is also known as rabbit fever or deer fly fever?

- Option: Tuberculosis
- Option: Malaria
- Option: Tularemia
- Option: Cholera

5. Which term refers to an organism that hunts and feeds on other organisms?



- Option: Parasite
- Option: Prey
- Option: Predator
- Option: Producer

6. Which sense is related to the sense of smell?

- Option: Tactile
- Option: Auditory
- Option: Olfactory
- Option: Visual

7. Which term describes the deliberate release of viruses bacteria or other germs to cause illness or death?

- Option: Bioculture
- Option: Biodefense
- Option: Biotechnology
- Option: Bioterrorism

8. Which term describes a rapid back-and-forth movement?

- Option: Rotation
- Option: Vibration
- Option: Expansion
- Option: Constriction

9. What kind of conditions result from a lack of essential nutrients in the body?

- Option: Excesses
- Option: Deficiencies
- Option: Sufficiencies
- Option: Abundances

10. What term is used to describe the sudden occurrence of a disease in a specific geographic area or population?

- Option: Epidemic
- Option: Outbreak
- Option: Pandemic
- Option: Endemic

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

11. _____ is essential for human survival and agricultural activities.
12. _____ remains provide valuable information about ancient life forms.



13. Regular screening can help detect early signs of _____ cancer.
14. _____ are chemical signals that trigger social responses in animals.
15. Photosynthesis is the _____ by which plants convert sunlight into energy.
16. Regular exercise and a balanced diet contribute to a healthy _____.
17. Measures of _____ indicate the frequency of a disease in a defined population.
18. Biodiversity plays a crucial role in maintaining healthy _____.
19. Long-term _____ to environmental toxins can have detrimental health effects.
20. The Amazon rainforest is home to an incredible diversity of plant and animal _____.

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

21. The chemical of the atmosphere is crucial for supporting life on Earth.
22. Insects have tiny sensory organs called on their antennae.
23. The period saw a rapid diversification of multicellular life forms.
24. High blood can increase the risk of cardiovascular diseases.
25. Scientists conducted extensive to understand the effects of climate change.
26. The lion stalked its silently through the tall grass.
27. Dogs are often used to illegal substances at airports.
28. The flu is caused by an virus that spreads easily from person to person.
29. Ethical dilemmas often involve questions of and right and wrong.
30. A single can quickly multiply and cause an infection.

Answer

Multiple Choice: 1. Wildfires 2. Evolutionary 3. Calcium 4. Tularemia 5. Predator 6. Olfactory 7. Bioterrorism 8. Vibration



9. Deficiencies 10. Outbreak

Gap-Fill: 11. Freshwater 12. Fossilized 13. Colorectal 14. Pheromones 15. Process 16. Lifestyle 17. Morbidity
18. Ecosystems 19. Exposure 20. Species

Matching sentence: 1. Composition 2. Sensilla 3. Cambrian 4. Pressure 5. Research 6. Prey 7. Detect
8. Infectious 9. Morality 10. Bacterium

CATEGORY

1. Health - LEVEL2

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