



Health study reveals heightened risks of drinking for individuals in poor health.

Description

A new study suggests that drinking coffee may protect the liver from disease. Researchers found that people who drink at least three cups of coffee a day were less likely to develop liver problems.

The study, conducted by scientists at the University of Southampton in the UK, analyzed data from over 430,000 participants. They discovered that those who drank coffee regularly had a lower risk of developing liver disease than those who did not.

The findings are significant because liver disease is a serious health concern worldwide. It can be caused by factors such as obesity, alcohol consumption, and viral infections. Protecting the liver is important for overall health, as it is responsible for filtering toxins from the body.

While more research is needed to fully understand the relationship between coffee and liver health, this study provides promising results. So, next time you reach for your morning brew, remember that it might be doing more than just waking you up – it could also be protecting your liver!

In conclusion, enjoy your coffee in moderation to possibly benefit your liver health. However, it's essential to maintain a balanced diet and lifestyle for overall well-being.

Vocabulary List:

1. **Protect** /prə'tekt/ (verb): To keep safe from harm or injury.
2. **Liver** /'lɪvər/ (noun): A large organ in the body that processes nutrients and filters toxins.
3. **Disease** /dɪ'zi:z/ (noun): A disorder of a structure or function in a human animal or plant.
4. **Consumption** /kən'sʌmpʃən/ (noun): The act of using up a resource or the act of eating or drinking.
5. **Significant** /sɪg'nɪfɪkənt/ (adjective): Having meaning; important or notable.
6. **Moderation** /,mɒdə'reɪʃən/ (noun): The avoidance of excess or extremes especially in behavior or opinions.

Comprehension Questions

Multiple Choice



1. What did researchers find regarding the relationship between coffee consumption and liver health?
Option: Those who drink at least three cups a day have a higher risk of liver problems
Option: Those who do not drink coffee have a lower risk of liver disease
Option: Regular coffee drinkers have a lower risk of developing liver disease
Option: There is no correlation between coffee consumption and liver health
2. Which university conducted the study on coffee and liver health?
Option: Harvard University
Option: University of Southampton
Option: Oxford University
Option: Stanford University
3. How many participants were included in the study on coffee and liver health?
Option: Over 100,000
Option: Over 200,000
Option: Over 300,000
Option: Over 430,000
4. Which of the following are factors that can cause liver disease?
Option: Regular exercise
Option: Alcohol consumption
Option: Fruit consumption
Option: Vitamin D intake
5. Why is protecting the liver important for overall health?
Option: To prevent hair loss
Option: To regulate blood sugar levels
Option: To filter toxins from the body
Option: To improve memory function
6. What is the recommendation regarding coffee consumption for liver health?
Option: Avoid coffee completely
Option: Drink 10 cups a day
Option: Enjoy in moderation
Option: Drink as much as possible

Answer

Multiple Choice: 1. Regular coffee drinkers have a lower risk of developing liver disease 2. University of Southampton 3. Over 430,000 4. Alcohol consumption 5. To filter toxins from the body 6. Enjoy in moderation



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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