



Is Coffee Healthy? A Critical Review of the Research

Description

Many people think that some bad things are good for us. For example, some believe chocolate is healthy, or that red wine is good for you. Recently, some studies say that coffee may help keep us healthy. These studies show a link between drinking coffee and having a lower chance of getting diseases like dementia. However, the news about coffee is not so simple.

Research about how coffee affects health can be weak. People often don't remember exactly how much coffee they drink. They answer questions about their eating and drinking habits, but these answers can be wrong. Sometimes, the studies do not prove that coffee is making people healthier. It might just be that healthy people tend to drink coffee.

Even with studies giving coffee to people, there are not strong results showing benefits. Some studies say drinking a lot of coffee may be bad for health. In general, drinking a couple of cups a day seems fine, but not everyone needs to drink coffee to be healthy.

Vocabulary List:

1. **Dementia** /di'menʃə/ (noun): A chronic disorder of the mental processes caused by brain disease or injury and marked by memory disorders personality changes and impaired reasoning.
2. **Healthy** /'heɪθi/ (adjective): Beneficial to one's health; not sick or injured.
3. **Affects** /ə'fɛkts/ (verb): To have an influence on or make a change in.
4. **Weak** /wi:k/ (adjective): Lacking strength or force.
5. **Prove** /pru:v/ (verb): To establish the truth or validity of something by evidence or argument.
6. **Benefits** /'benɪfɪts/ (noun): An advantage or profit gained from something.

Answer

CATEGORY

1. Health - LEVEL1

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