



Meat Consumption Linked to Higher Dementia Risk

Description

New study presented at a conference suggests that eating processed meats like hot dogs and bacon often may raise the risk of dementia. The study followed 130,000 US adults for up to 43 years and found that those who ate two servings of processed meat weekly had a 14% higher risk of dementia. Eating more processed meat daily was also linked to faster cognitive decline in language and thinking skills.

Experts believe that processed foods may harm the brain by lacking nutrients, affecting blood vessels, and damaging brain cells. While the study had limitations in its group of participants, other studies in Brazil and the UK have found similar results. To reduce the risk of dementia, experts recommend eating unprocessed meats like steak, along with plenty of fresh fruits and vegetables. It's best to avoid processed foods as much as possible for a healthier brain.

Vocabulary List:

1. **Dementia** /dɪ'menʃə/ (noun): A chronic disorder of the mental processes caused by brain disease or injury characterized by memory disorders personality changes and impaired reasoning.
2. **Processed** /'proʊesd/ (adjective): Subjected to a treatment process especially in order to preserve or prepare for consumption.
3. **Cognitive** /'kɒɡ.nɪ.tɪv/ (adjective): Related to the mental processes of perception memory judgment and reasoning.
4. **Decline** /dɪ'klaɪn/ (verb): To decrease in quality quantity or strength.
5. **Nutrients** /'nju:.tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
6. **Limitations** /,lɪmɪ'teɪʃənz/ (noun): Restrictions or constraints that affect the extent or effectiveness of something.

Comprehension Questions

Multiple Choice

1. What did the recent study presented at the conference suggest about eating processed meats?
Option: a. It may reduce the risk of dementia
Option: b. It has no impact on dementia risk



Option: c. It may raise the risk of dementia

Option: d. It improves cognitive skills

2. How many US adults were followed in the study on processed meats and dementia?

Option: a. 100,000

Option: b. 120,000

Option: c. 130,000

Option: d. 150,000

3. What percentage higher risk of dementia did those who ate two servings of processed meat weekly have?

Option: a. 5%

Option: b. 10%

Option: c. 14%

Option: d. 20%

4. What aspect of cognitive skills was linked to eating more processed meat daily?

Option: a. Memory improvement

Option: b. Faster decline in language skills

Option: c. Enhanced problem-solving

Option: d. Improved creativity

5. Why do experts believe processed foods may harm the brain?

Option: a. They are rich in nutrients

Option: b. They improve blood vessel health

Option: c. They lack nutrients and damage brain cells

Option: d. They promote brain cell growth

6. What is the recommended alternative to processed meats for a healthier brain?

Option: a. Processed meats like bacon

Option: b. Unprocessed meats like steak

Option: c. Frozen meals

Option: d. Canned soups

Answer

Multiple Choice: 1. c. It may raise the risk of dementia 2. c. 130,000 3. c. 14% 4. b. Faster decline in language skills 5. c. They lack nutrients and damage brain cells 6. b. Unprocessed meats like steak

Vocabulary quizzes



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

1. What documents are provided by physicians for medication?
Option: Identification
Option: Prescriptions
Option: Certificates
Option: Receipts
2. What type of methods are used to prevent pregnancy?
Option: Contraceptive
Option: Antibiotics
Option: Painkillers
Option: Vitamins
3. What condition is characterized by a decline in cognitive function?
Option: Diabetes
Option: Hypertension
Option: Dementia
Option: Arthritis
4. Which term refers to the standard or degree of excellence?
Option: Weight
Option: Quantity
Option: Quality
Option: Speed
5. How is a disease passed from one person to another referred to as?
Option: Transition
Option: Transgression
Option: Transmission
Option: Transcription
6. What are the expenses associated with goods or services called?
Option: Profits
Option: Costs
Option: Savings
Option: Income
7. What is the ability to make decisions independently called?
Option: Leadership
Option: Dependency
Option: Autonomy



Option: Guidance

8. What is the act of satisfying desires or impulses?

Option: Control

Option: Restraint

Option: Temperance

Option: Indulgence

9. What term is used to describe a sudden large increase or rise?

Option: Decline

Option: Stagnation

Option: Plummet

Option: Surge

10. What is the action or state of keeping careful watch for possible danger called?

Option: Negligence

Option: Vigilance

Option: Carelessness

Option: Indifference

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

11. Overcoming _____ is a part of personal growth.

12. Consuming too much _____ food can be detrimental to health.

13. Foods that are _____ tend to have high energy content.

14. To apply for the scholarship students must meet certain _____ criteria.

15. Recognizing your _____ is essential for personal development.

16. It is important to ensure that meals are balanced and _____ adequate.

17. Justice should be _____ and fair for all individuals.

18. The doctor _____ that the patient follow a specific diet plan.

19. Enjoying treats in _____ is key to a balanced diet.

20. The list of _____ used in the recipe should be checked for allergens.



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

21. The new regulations impacted the industry .
22. The website is designed to be easily on various devices.
23. The latest fashion is minimalist clothing.
24. Individuals may seek to manage stress and anxiety.
25. Preventing mosquito bites can help reduce the risk of contracting .
26. Highly foods often contain added sugars and preservatives.
27. Engaging in puzzles can help maintain abilities.
28. With age there may be a in muscle mass if not actively maintained.
29. is considered a significant global environmental concern.
30. Regular handwashing can help prevent the spread of germs and .

Answer

Multiple Choice: 1. Prescriptions 2. Contraceptive 3. Dementia 4. Quality 5. Transmission 6. Costs 7. Autonomy 8. Indulgence 9. Surge 10. Vigilance

Gap-Fill: 11. Difficulties 12. Processed 13. Calorie-dense 14. Eligibility 15. Limitations 16. Nutritionally 17. Equitable 18. Recommended 19. Moderation 20. Ingredients

Matching sentence: 1. Significantly 2. Accessible 3. Trend 4. Counseling 5. Dengue 6. Processed 7. Cognitive 8. Decline 9. Climate Change 10. Infection

CATEGORY

1. Health - LEVEL2

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