



Olive oil linked to lower blood pressure, reduced diabetes risk

Description

People call olive oil 'liquid gold' because it is special. It has a beautiful color and a delicious taste. It is also good for your health.

Olive oil comes from the Mediterranean diet. It can reduce heart disease, **diabetes**, and your weight. The oil even helps improve memory. We have studied to find out how **beneficial** it is.

Recent research has shown that olive oil can enhance good cholesterol, lower bad **cholesterol**, and reduce blood pressure. It can prevent Type 2 diabetes and **inflammation** in the body.

Eating more than a teaspoon of olive oil every day can help you live longer.

Extra virgin olive oil is better than regular olive oil. This type of oil has more health benefits. It contains over 200 healthy **compounds** from plants, which helps prevent heart disease, diabetes, and **Alzheimer's**.

Vocabulary Insights:

- **Beneficial (adjective)**: producing good or helpful results or effects.
- **Inflammation (noun)**: a condition in which a part of your body becomes red, swollen, and painful.
- **diabetes (noun)**: a group of diseases affecting blood sugar levels.
- **cholesterol (noun)**: is a fat-like substance in your blood. **LDL** (bad cholesterol) can clog arteries, while **HDL** (good cholesterol) helps protect your heart.
- **Alzheimer (noun)**: a brain disorder causing memory loss, thinking problems, and behavior changes.
- **Compound (noun)**: a thing that is composed of two or more separate elements; a mixture.

Vocabulary List:

1. **Beneficial** // (adjective): Producing good or helpful results or effects.
2. **Inflammation** // (noun): A condition in which a part of your body becomes red, swollen, and painful.
3. **Diabetes** // (noun): A group of diseases affecting blood sugar levels.
4. **Cholesterol** // (noun): A fat-like substance in your blood. LDL (bad cholesterol) can clog arteries while HDL (good cholesterol) helps protect your heart.
5. **Alzheimer** // (noun): A brain disorder causing memory loss, thinking problems, and behavior changes.
6. **Compound** // (noun): A thing that is composed of two or more separate elements a mixture.

Vocabulary quizzes



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

1. Which condition is characterized by high blood sugar levels?
Option: Diabetes
Option: Cholesterol
Option: Alzheimer
Option: Influenza

2. Which fruit is known for its creamy texture and healthy fats?
Option: Avocado
Option: Fiber
Option: Potassium
Option: Cholesterol

3. An epidemic occurring over a wide geographic area and affecting an exceptionally high proportion of the population is called an _____.
Option: Outbreak
Option: Substitute
Option: Epidemic
Option: Symptom

4. Which compound is commonly known as table salt?
Option: Potassium Chloride
Option: Sodium Chloride
Option: Salt
Option: Fiber

5. Which variety of avocado is recognized for its dark bumpy skin?
Option: Cats
Option: Diabetes
Option: Hass avocado
Option: Influenza

6. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is called _____.
Option: Fungal
Option: Research
Option: Infection
Option: Condition

7. The surroundings or conditions in which a person animal or plant lives or operates is known as _____.
Option: Pathogenic



- Option: Environment
- Option: Sustainable
- Option: Centre

8. To establish the truth or correctness of something by evidence or demonstration is to _____.

- Option: Cholesterol
- Option: Confirm
- Option: Beneficial
- Option: Inflammation

9. The pressure of the blood in the circulatory system often measured for diagnosis is called _____.

- Option: Potassium
- Option: Blood Pressure
- Option: Avocado
- Option: Cholesterol

10. A localized physical condition in which part of the body becomes reddened swollen hot and often painful is called _____.

- Option: Alzheimer
- Option: Inflammation
- Option: Compound
- Option: Fiber

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

11. _____ is a progressive disease where brain cells degenerate and die causing memory loss and cognitive decline.

12. Many people use honey as a _____ for sugar in their recipes to reduce added sugars.

13. A chemical _____ is a substance formed by the bonding of two or more different elements.

14. Coughing and fever are common _____ of the flu.

15. Athlete's foot is a common _____ infection that thrives in warm moist environments.

16. Many people seek advice from a veterinarian for the health concerns of their _____.



17. Bananas are a good source of _____ an essential mineral for muscle function.
18. High levels of LDL _____ can increase the risk of heart disease.
19. It is important to protect the _____ to ensure a sustainable future for generations to come.
20. My dog had a check-up at the _____ clinic to ensure he was healthy.

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

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| 21. Consuming a diet high in saturated fats can lead to an increase in levels of this fatty substance in the blood. |
| 22. The bacteria were identified as _____ after causing illness in several individuals. |
| 23. The rapid spread of a disease affecting many individuals within a community. |
| 24. Practices that meet the needs of the present without compromising the ability of future generations to meet their own needs. |
| 25. A nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. |
| 26. Regular exercise has numerous positive effects on overall health and well-being. |
| 27. A contagious respiratory illness caused by influenza viruses often leading to seasonal outbreaks. |
| 28. A chronic condition characterized by elevated levels of sugar in the blood due to insufficient insulin production or ineffective use of insulin. |
| 29. A substance composed of two or more elements in fixed proportions with distinct properties different from its constituent elements. |
| 30. To establish the accuracy truth or validity of something through evidence or demonstration. |

Answer

- Multiple Choice:** 1. Diabetes 2. Avocado 3. Epidemic 4. Sodium Chloride 5. Hass avocado 6. Research 7. Environment 8. Confirm 9. Blood Pressure 10. Inflammation
- Gap-Fill:** 11. Alzheimer 12. Substitute 13. Compound 14. Symptom 15. Fungal 16. Cats 17. Potassium 18. Cholesterol



19. Environment 20. Vet

Matching sentence: 1. Cholesterol 2. Pathogenic 3. Epidemic 4. Sustainable 5. Avocado 6. Beneficial 7. Influenza 8. Diabetes 9. Compound 10. Confirm

CATEGORY

1. Health - LEVEL2

POST TAG

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2. Reduced Diabetes

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Date Created

2024/03/19

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