



# Revolutionizing Cheese-Making: Transforming Cheese into Superfood

## Description

A new study shows that eating more whole grains can help reduce the risk of heart disease. The research, conducted by scientists at Harvard University, looked at the eating habits of over 200,000 people over a span of more than 25 years. They found that those who consumed more whole grains, such as whole wheat, oats, and brown rice, were less likely to develop heart disease compared to those who ate refined grains, like white bread and white rice.

Whole grains are packed with nutrients and fiber, which are beneficial for heart health. They help to lower cholesterol levels and regulate blood sugar, reducing the risk of heart disease and other chronic illnesses. The recommended daily intake of whole grains is about 3 servings per day.

This new research reinforces the importance of including whole grains in our diet. Simple changes like swapping white bread for whole wheat or choosing brown rice over white rice can make a big difference in our heart health. By making these small adjustments, we can take a step towards a healthier lifestyle and reduce our risk of heart disease. So, next time you're grocery shopping, remember to pick up some whole grains to keep your heart happy and healthy!

## Vocabulary List:

1. **Nutrients** /'nju:.tri.ənts/ (noun): Substances that provide essential nourishment for growth and maintenance of life.
2. **Cholesterol** /kə'les.tə.rəl/ (noun): A type of fat found in the blood that can lead to heart disease if levels are too high.
3. **Regulate** /'reg.jə.leɪt/ (verb): To control or maintain the rate or speed of a process.
4. **Chronic** /'krɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring.
5. **Reinforces** /,ri:.ɪn'fɔ:s/ (verb): To strengthen or support an idea or concept.
6. **Servings** /'sɜ:.vɪŋz/ (noun): Portions of food or drink intended for consumption.

## Comprehension Questions

### Multiple Choice

1. How can eating more whole grains help reduce the risk of heart disease?



- Option: By increasing cholesterol levels
- Option: By lowering cholesterol levels and regulating blood sugar
- Option: By promoting the development of heart disease
- Option: By causing chronic illnesses

2. What did the research conducted by scientists at Harvard University focus on?

- Option: Vegetable consumption
- Option: Whole grain consumption and heart disease risk
- Option: Meat consumption
- Option: Dairy consumption

3. What is the recommended daily intake of whole grains for heart health?

- Option: 1 serving per day
- Option: 2 servings per day
- Option: 3 servings per day
- Option: 4 servings per day

4. Which of the following is an example of a whole grain?

- Option: White bread
- Option: White rice
- Option: Oats
- Option: Regular pasta

5. What are whole grains packed with that are beneficial for heart health?

- Option: Artificial flavors
- Option: Saturated fats
- Option: Nutrients and fiber
- Option: Processed sugars

6. What can making simple changes like swapping white bread for whole wheat do for heart health?

- Option: Increase heart disease risk
- Option: Have no impact on heart health
- Option: Make a big difference
- Option: Lower blood sugar levels

### **True-False**

7. Eating more whole grains can help reduce the risk of heart disease.



8. Whole grains like white bread and white rice are more beneficial for heart health.
9. The recommended daily intake of whole grains for heart health is 5 servings.
10. Choosing brown rice over white rice can help reduce the risk of heart disease.
11. Including whole grains in our diet is not important for heart health.
12. Swapping white bread for whole wheat can make a big difference in heart health.

### Gap-Fill

13. The research conducted by scientists at Harvard University looked at the eating habits of over 200,000 people over a span of more than \_\_\_\_\_ years.
14. The recommended daily intake of whole grains for heart health is about \_\_\_\_\_ servings per day.
15. Simple changes like swapping white bread for whole wheat can make a big difference in our heart \_\_\_\_\_.
16. Whole grains help to lower cholesterol levels and regulate \_\_\_\_\_ sugar.
17. Making small adjustments in our diet can reduce our risk of \_\_\_\_\_ disease.
18. Choosing brown rice over white rice can help reduce the risk of \_\_\_\_\_ disease.

### Answer

**Multiple Choice:** 1. By lowering cholesterol levels and regulating blood sugar 2. Whole grain consumption and heart disease risk 3. 3 servings per day 4. Oats 5. Nutrients and fiber 6. Make a big difference

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

**Gap-Fill:** 13. 25 14. 3 15. health 16. blood 17. heart

### Vocabulary quizzes



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

1. What is the process of moving goods from one place to another?  
Option: Cargo  
Option: Supplies  
Option: Migration  
Option: Efficiently
2. What are substances that provide nourishment essential for growth and the maintenance of life?  
Option: Cholesterol  
Option: Regulate  
Option: Nutrients  
Option: Devastating
3. What is a day or period of celebration set aside for special religious or cultural observances?  
Option: Oversized  
Option: Surge  
Option: Festival  
Option: Devastating
4. Which term refers to groups of people living in the same place or having a particular characteristic in common?  
Option: Reinforces  
Option: Communities  
Option: Tremors  
Option: Implementing
5. Who is a person who seeks to promote the welfare of others typically through donations of money resources or time?  
Option: Awareness  
Option: Generous  
Option: Philanthropist  
Option: Contribute
6. Which term describes a condition that persists over a long period of time?  
Option: Destructive  
Option: Infrastructure  
Option: Chronic  
Option: Alerts
7. What is the act of putting a decision plan or course of action into effect?  
Option: Extinguish



- Option: Devastating
- Option: Implementing
- Option: Awareness

8. What term means to represent or be a symbol of something?

- Option: Migration
- Option: Symbolizes
- Option: Embrace
- Option: Celebrations

9. What does it mean to control or maintain the rate or speed of a process?

- Option: Alerts
- Option: Regulate
- Option: Reinforces
- Option: Servings

10. What term is used to describe something that is larger than standard size?

- Option: Oversized
- Option: Surge
- Option: Festival
- Option: Tradition

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

- 11. A sudden \_\_\_\_\_ in demand for a product can lead to shortages.
- 12. During special occasions people come together for \_\_\_\_\_ and merriment.
- 13. Proper \_\_\_\_\_ is essential for the smooth running of a city.
- 14. Natural disasters can have a \_\_\_\_\_ impact on communities.
- 15. Each individual can \_\_\_\_\_ to making the world a better place.
- 16. Earthquakes are often preceded by small \_\_\_\_\_.
- 17. Firefighters work tirelessly to \_\_\_\_\_ fires and protect lives.
- 18. Educational campaigns aim to raise \_\_\_\_\_ about important issues.
- 19. She is known for her \_\_\_\_\_ donations to various charities.



20. Exercise and a healthy diet can help \_\_\_\_\_ cholesterol levels.

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

21. The movement of birds in the winter to warmer regions is an example of animal .
22. In order to complete the project on time it is essential to manage time and resources .
23. The community decided to the new members warmly and make them feel at home.
24. Positive feedback from teachers often students' confidence in their abilities.
25. The weather app sends out about approaching storms or severe conditions.
26. It is important to control portion sizes and eat balanced for a healthy diet.
27. The shipping company specializes in handling large or cargo.
28. The earthquake had a impact on the region causing extensive damage.
29. The campaign aimed to raise about the importance of mental health.
30. The city hosts grand for its annual cultural festival attracting visitors from around the world.

## Answer

**Multiple Choice:** 1. Cargo 2. Nutrients 3. Festival 4. Communities 5. Philanthropist 6. Chronic 7. Implementing 8. Symbolizes 9. Regulate 10. Oversized

**Gap-Fill:** 11. Surge 12. Celebrations 13. Infrastructure 14. Devastating 15. Contribute 16. Tremors 17. Extinguish 18. Awareness 19. Generous 20. Regulate

**Matching sentence:** 1. Migration 2. Efficiently 3. Embrace 4. Reinforces 5. Alerts 6. Servings 7. Oversized 8. Devastating 9. Awareness 10. Celebrations

## CATEGORY

1. Health - LEVEL3

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