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## Study finds association between consumption of ultraprocessed foods and increased risk of premature death

### Description

Sign up for CNN's Eat, But Better: Mediterranean Style, a guide to a delicious and healthy eating lifestyle. A recent study found that eating ultraprocessed foods is linked to an increased risk of early death. However, not all processed foods have the same impact on health. Processed meats and sugary foods don't have the same risks as ultraprocessed whole grains, according to the study. The research, conducted over 30 years with over 100,000 participants, showed that those consuming the most ultraprocessed foods had a higher risk of death. Despite this, the study author advises against completely avoiding all ultraprocessed foods, as some, like whole grain breads, can have beneficial nutrients. Experts recommend maintaining a varied and colorful diet with lots of fruits, vegetables, and whole grains. Overall, the quality of a person's diet is the most important factor in reducing the risk of death. Remember, balance is key when it comes to food choices.

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## Vocabulary List:

1. **Mediterranean** // (adjective): Relating to or characteristic of the Mediterranean region or its inhabitants.
2. **Ultraprocessed** // (adjective): Subjected to various processes to create a final product.
3. **Processed** // (adjective): Subjected to a series of mechanical or chemical operations.
4. **Risk** // (noun): A situation involving exposure to danger or harm.
5. **Nutrients** // (noun): Substances that provide nourishment essential for growth and maintenance of life.
6. **Varied** // (adjective): Having a wide range or assortment.

## Vocabulary quizzes

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

1. Which type of diet emphasizes fruits vegetables whole grains and healthy fats?  
Option: Mediterranean  
Option: Ultraprocessed  
Option: Processed  
Option: Varied
2. What is the natural biological process that occurs in women as they age?  
Option: Menopause  
Option: Premature  
Option: Ovarian  
Option: Insufficiency
3. Which category of diseases occur when the immune system mistakenly attacks the body?  
Option: Cognitive Decline  
Option: Genetic Predisposition  
Option: Autoimmune  
Option: Apnea
4. What term refers to the actions and mannerisms made by individuals?  
Option: Artificial intelligence  
Option: Behavior  
Option: Predict  
Option: Exclusive
5. Which term refers to the extent to which a concept conclusion or measurement are well-founded and dependable?



- Option: Detected
- Option: Reassured
- Option: Precautions
- Option: Validity

6. Which term describes something innovative or pioneering?

- Option: Groundbreaking
- Option: Generative
- Option: Outbreak
- Option: Mortality

7. What type of memory involves the ability to remember words and language?

- Option: Verbal Memory
- Option: Cognitive Decline
- Option: Assessments
- Option: Insufficiency

8. What term describes tailored or customized approaches for individuals?

- Option: Personalized
- Option: Assessments
- Option: Exclusive
- Option: Detected

9. What term refers to the potential of gaining or losing something of value?

- Option: Risk
- Option: Innovative
- Option: Premature
- Option: Ovarian

10. What field of computer science involves the development of machines that can perform tasks that typically require human intelligence?

- Option: Artificial intelligence
- Option: Behavior
- Option: Predict
- Option: Mortality

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

11. A balanced diet should provide essential \_\_\_\_\_ to support overall health.

12. Vitamin D \_\_\_\_\_ can lead to bone-related health issues.



13. Regular mental exercises may help prevent \_\_\_\_\_ in older adults.
14. Some individuals have a \_\_\_\_\_ to certain hereditary conditions.
15. Medical professionals use various \_\_\_\_\_ to evaluate a patient's health status.
16. The test results \_\_\_\_\_ the patient that their condition was not severe.
17. The new screening method accurately \_\_\_\_\_ early signs of the disease.
18. The company prided itself on its \_\_\_\_\_ approach to product development.
19. The event was by invitation only making it \_\_\_\_\_ and prestigious.
20. It is essential to take necessary \_\_\_\_\_ to prevent accidents at the workplace.

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

21. Consuming high amounts of foods is linked to various health risks.
22. Weather forecasters use advanced technology to changes in atmospheric conditions.
23. Studies show that smoking is a leading cause of premature .
24. Early detection of cancer is crucial for successful treatment.
25. Continuous positive airway pressure (CPAP) devices are used to treat sleep .
26. Including a range of foods in your diet can help ensure adequate nutrient intake.
27. The workshop aimed to foster a environment for creative ideas.
28. The health department quickly responded to the recent disease in the community.
29. Investors weigh the potential when making financial decisions.
30. Many convenience foods are highly and contain added preservatives.

## Answer

**Multiple Choice:** 1. Mediterranean 2. Menopause 3. Autoimmune 4. Behavior 5. Validity 6. Groundbreaking  
7. Verbal Memory



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8. Personalized 9. Risk 10. Artificial intelligence

**Gap-Fill:** 11. Nutrients 12. Insufficiency 13. Cognitive Decline 14. Genetic Predisposition 15. Assessments  
16. Reassured 17. Detected 18. Innovative 19. Exclusive 20. Precautions

**Matching sentence:** 1. Ultraprocessed 2. Predict 3. Mortality 4. Ovarian 5. Apnea 6. Varied 7. Generative  
8. Outbreak 9. Risk 10. Processed

## CATEGORY

1. Health - LEVEL2

### Date Created

2024/05/09

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