



Tea & Coffee Daily Reduces Mouth & Throat Cancer Risk

Description

Drinking coffee and tea can help protect against cancers in the mouth, throat, and voice box, a study says.

Researchers in the US looked at 25,000 records from 14 previous studies to see what people with head and neck tumors eat.

Results show that drinking four cups of caffeinated coffee a day can reduce the risk of head and neck cancer by 17%.

Tea and coffee contain substances that can fight cancer and inflammation, which may help reduce the effects of harmful substances.

Drinking decaf coffee can also lower the risk of mouth cancer by 25%.

However, drinking too much tea might increase the risk of throat cancer.

More studies are needed to understand the effects of coffee and tea on cancer risk.

Head and neck cancers are decreasing in many wealthy countries, but they are still a big problem in other places.

We need to learn more about how coffee and tea can help prevent cancer.

This study was published in the journal Cancer.

Vocabulary List:

1. **Researchers** /rɪˈsɜːrtʃərz/ (noun): Individuals who conduct studies to discover new information or validate existing knowledge.
2. **Substances** /ˈsʌb.stənsɪz/ (noun): Matter with a particular chemical composition.
3. **Inflammation** /ˌɪn.fləˈmeɪ.tɪən/ (noun): A response of body tissues to injury or irritation often causing redness and swelling.
4. **Caffeinated** /ˈkæf.i.neɪ.tɪd/ (adjective): Containing caffeine a stimulant that can increase alertness.
5. **Risk** /rɪsk/ (noun): The possibility of suffering harm or loss.
6. **Prevent** /prɪˈvent/ (verb): To keep something from happening or existing.

Comprehension Questions



Multiple Choice

1. What did researchers look at in the study mentioned?
 - Option: 25,000 tumors
 - Option: 25,000 records from 14 previous studies
 - Option: Cancer patients in wealthy countries
 - Option: The effects of tea on body weight

2. How much can drinking four cups of caffeinated coffee a day reduce the risk of head and neck cancer by?
 - Option: 5%
 - Option: 10%
 - Option: 17%
 - Option: 25%

3. Which type of coffee is mentioned to lower the risk of mouth cancer?
 - Option: Black coffee
 - Option: Iced coffee
 - Option: Cappuccino
 - Option: Decaf coffee

4. What was the main focus of the study?
 - Option: Effects of coffee on sleep patterns
 - Option: Preventing throat cancer
 - Option: Cancer prevention using coffee and tea
 - Option: Effects of alcohol on cancer risk

5. What do tea and coffee contain that can fight cancer and inflammation?
 - Option: Iron and calcium
 - Option: Substances
 - Option: Vitamins and minerals
 - Option: Growth hormones

6. In which countries are head and neck cancers decreasing?
 - Option: In all countries
 - Option: Only in the US
 - Option: Only in wealthy countries
 - Option: In many wealthy countries



True-False

7. Drinking decaf coffee can increase the risk of throat cancer.
8. Tea and coffee do not contain any substances that can fight cancer.
9. The effects of coffee and tea on cancer risk are fully understood.
10. This study was published in the journal Nature.
11. Head and neck cancers are still a significant problem in some regions.
12. More studies are not needed to understand the effects of coffee and tea on cancer risk.

Gap-Fill

13. Drinking _____ cups of caffeinated coffee a day can reduce the risk of head and neck cancer by 17%.
14. Drinking decaf coffee can lower the risk of _____ cancer by 25%.
15. Head and neck cancers are decreasing in _____ wealthy countries.
16. The study was published in the journal _____.
17. _____ studies are needed to understand the effects of coffee and tea on cancer risk.
18. Drinking too much tea might increase the risk of _____ cancer.

Answer

Multiple Choice: 1. 25,000 records from 14 previous studies 2. 17% 3. Decaf coffee 4. Cancer prevention using coffee and tea 5. Substances 6. In many wealthy countries

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

Gap-Fill: 13. four 14. mouth 15. many 16. Cancer 17. More 18. throat



Vocabulary quizzes

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

1. Which term refers to material with particular properties used in research?
Option: Caffeinated
Option: Inflammation
Option: Substances
Option: Apoptosis
2. What term describes a community of living organisms in conjunction with the nonliving components of their environment?
Option: Discovery
Option: Microbes
Option: Ecosystem
Option: Thriving
3. In astronomy what is a term used to describe a celestial body that is smaller than a planet?
Option: Arrhythmia
Option: Pulsar
Option: Orbit
Option: Dwarf
4. What term refers to the identification of the nature of an illness or other problem by examination of symptoms?
Option: Symptoms
Option: Consumption
Option: Dehydration
Option: Diagnosis
5. Which term relates to a belief or behavior passed down within a group or society with symbolic meaning?
Option: Binge
Option: Tradition
Option: Prosperity
Option: Risk
6. What plant is commonly associated with holiday traditions such as kissing under it?



- Option: Mistletoe
- Option: Prevent
- Option: Contaminating
- Option: Researchers

7. Which term describes a substance that contains caffeine?

- Option: Risk
- Option: Research
- Option: Caffeinated
- Option: Complementary

8. What activity involves systematically investigating into a subject to discover facts interpret information and reach conclusions?

- Option: Discovery
- Option: Telescope
- Option: Signal
- Option: Research

9. What disorder causes an irregular heartbeat rhythm?

- Option: Arrhythmia
- Option: Binge
- Option: Substances
- Option: Prosperity

10. What term refers to microscopic organisms that exist virtually everywhere?

- Option: Diverse
- Option: Microbes
- Option: Apoptosis
- Option: Medicinal

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

11. _____ is the body's response to injury or infection often characterized by redness swelling and pain.

12. Improper waste disposal can lead to soil and water resources being _____ by harmful substances.

13. Excessive alcohol _____ can lead to serious health issues such as liver damage.



14. In a healthy environment diverse species of plants and animals can be seen _____ together.
15. Regular exercise and a balanced diet can help _____ many chronic diseases.
16. Eating a large amount of food in a short period known as a eating _____ can lead to various health issues.
17. Fever cough and fatigue are common _____ associated with the flu.
18. The _____ of antibiotics revolutionized the field of medicine allowing treatment of bacterial infections.
19. Certain plants have _____ properties and are used in traditional medicine to treat various ailments.
20. Investments in education and infrastructure can lead to economic growth and _____ for a nation.

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

21. is a process of programmed cell death that occurs in multicellular organisms.
22. A flashing light can be used as a to indicate a warning or message.
23. A is an optical instrument used to observe distant objects such as planets and stars.
24. A is a highly magnetized rotating neutron star that emits beams of electromagnetic radiation.
25. The path that a planet takes around a star is called its .
26. Engaging in extreme sports involves a certain level of to one's safety.
27. are individuals who conduct systematic investigations to establish facts and develop new theories.
28. In medicine therapies are used alongside conventional treatments for a holistic approach to healing.



29. The lack of adequate fluid intake can lead to which can be harmful to the body.

30. Economic stability and growth contribute to the overall of a society.

Answer

Multiple Choice: 1. Substances 2. Ecosystem 3. Dwarf 4. Diagnosis 5. Tradition 6. Mistletoe 7. Caffeinated
8. Research 9. Arrhythmia 10. Microbes

Gap-Fill: 11. Inflammation 12. Contaminating 13. Consumption 14. Thriving 15. Prevent 16. Binge 17.
Symptoms 18. Discovery 19. Medicinal 20. Prosperity

Matching sentence: 1. Apoptosis 2. Signal 3. Telescope 4. Pulsar 5. Orbit 6. Risk 7. Researchers
8. Complementary 9. Dehydration 10. Prosperity

CATEGORY

1. Health - LEVEL2

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