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# New Study Finds Coffee Could Boost Memory Retention

## Description

A new study shows that drinking coffee could help improve memory. The research was conducted by a team of scientists at Johns Hopkins University in the United States.

The study involved over 160 participants who were asked to look at pictures of different objects and then drink either a cup of coffee or water. After a 24-hour period, the participants were tested on their ability to remember the objects.

The results were surprising. Those who had consumed coffee were found to have better memory retention compared to those who drank water. The researchers believe that the caffeine in coffee may have a positive effect on the brain, aiding in memory consolidation.

Dr. Michael Yassa, a senior author of the study, stated, "This is the first study to show this specific effect of caffeine on memory. It seems that ingesting caffeine 24 hours after learning can enhance memory consolidation."

While the findings are promising, the researchers caution that more studies are needed to confirm these results. In the meantime, coffee lovers may have an additional reason to enjoy their morning brew.

So, next time you need a memory boost, reaching for a cup of coffee might just do the trick!

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## Vocabulary List:

1. **Retention** /rɪ'tenʃən/ (noun): The ability to keep or hold on to information or knowledge.
2. **Consolidation** /kən,sɒlɪ'deɪʃən/ (noun): The process of making something physically stronger or more solid.
3. **Caffeine** /'kæfi:n/ (noun): A central nervous system stimulant commonly found in coffee and tea.
4. **Participants** /pɑ:r'tɪsɪpənts/ (noun): Individuals who take part in a study or experiment.
5. **Enhance** /ɪn'hæns/ (verb): To improve the quality value or extent of something.
6. **Surprising** /sə'rpraɪzɪŋ/ (adjective): Causing wonder or amazement; unexpected.

## Comprehension Questions



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## Multiple Choice

1. What was the main finding of the study on coffee and memory?
  - Option: Drinking coffee can improve memory retention compared to water consumption.
  - Option: Drinking water can improve memory retention compared to coffee consumption.
  - Option: There is no significant difference in memory retention between coffee and water consumption.
  - Option: The study did not find any impact of coffee or water on memory retention.
  
2. Who conducted the research on coffee and memory?
  - Option: Harvard University
  - Option: Johns Hopkins University
  - Option: Stanford University
  - Option: Oxford University
  
3. How many participants were involved in the study?
  - Option: 120
  - Option: 160
  - Option: 200
  - Option: 220
  
4. According to Dr. Michael Yassa, when can caffeine ingestion enhance memory consolidation?
  - Option: During learning
  - Option: Immediately after learning
  - Option: 24 hours after learning
  - Option: 48 hours after learning
  
5. What effect does caffeine in coffee have on the brain according to the researchers?
  - Option: Negative effect
  - Option: No effect
  - Option: Positive effect on memory consolidation
  - Option: Positive effect on memory retrieval
  
6. What is the researchers' recommendation regarding the study findings?
  - Option: Immediate implementation in daily routine
  - Option: Further studies are needed to confirm the results
  - Option: Ignore the findings
  - Option: Switch to water consumption



## Answer

- Multiple Choice:** 1. Drinking coffee can improve memory retention compared to water consumption.  
2. Johns Hopkins University 3. 160 4. 24 hours after learning 5. Positive effect on memory consolidation  
6. Further studies are needed to confirm the results

## Vocabulary quizzes

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

1. Which process involves the strengthening of a memory trace?  
Option: Retrieval  
Option: Enhancement  
Option: Consolidation  
Option: Retention
2. Which term describes extremely hot weather?  
Option: Soothing  
Option: Cooling  
Option: Scorching  
Option: Mild
3. What is the final round of a competition called?  
Option: Preliminary  
Option: Warm-up  
Option: Championship  
Option: Qualifier
4. Who studies and predicts the weather?  
Option: Botanists  
Option: Meteorologists  
Option: Geologists  
Option: Physicists
5. Which substance is commonly found in coffee and can enhance alertness?  
Option: Vitamin C  
Option: Calcium  
Option: Caffeine  
Option: Iron



6. Which word means to hold or have within?

Option: Release

Option: Eject

Option: Contain

Option: Empty

7. Which term describes being susceptible to harm or danger?

Option: Resilient

Option: Invincible

Option: Vulnerable

Option: Protected

8. Who studies celestial objects space and the universe?

Option: Biologists

Option: Astronomers

Option: Psychologists

Option: Sociologists

9. What term refers to the act of using goods or services?

Option: Production

Option: Manufacturing

Option: Consumption

Option: Distribution

10. Which word means to give support confidence or hope?

Option: Discourage

Option: Hinder

Option: Block

Option: Encourage

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

11. The \_\_\_\_\_ brought together top players from around the world.

12. The new \_\_\_\_\_ aims to improve access to healthcare for all citizens.

13. There are growing concerns about the rise in \_\_\_\_\_ rates among children.

14. Every challenge presents an \_\_\_\_\_ for growth and learning.

15. Winning the award was a \_\_\_\_\_ achievement in her career.



16. The \_\_\_\_\_ of the crowd grew as the final match began.
17. The new hotel complex aims to boost local \_\_\_\_\_ and infrastructure.
18. She is always \_\_\_\_\_ to help others in need.
19. Regular exercise can \_\_\_\_\_ overall well-being and fitness.
20. The athlete set a new \_\_\_\_\_ time in the marathon event.

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

21. The _____ in the competition showcased exceptional talent and skill.
22. As the sun set the colors on the _____ were breathtaking.
23. The mountain hike was challenging and _____ but the view from the top was worth it.
24. The sudden turn of events was both shocking and _____.
25. Trust and honesty are essential _____ to a strong relationship.
26. Parents should always _____ their children to pursue their dreams.
27. The reports raised serious _____ about the safety of the new product.
28. The tennis _____ drew huge crowds to watch the intense matches.
29. Her performance was outstanding and resulted in a new achievement.
30. The city lights at night were clearly _____ from our mountaintop vantage point.

**Answer**

**Multiple Choice:** 1. Consolidation 2. Scorching 3. Championship 4. Meteorologists 5. Caffeine 6. Contain 7. Vulnerable 8. Astronomers 9. Consumption 10. Encourage

**Gap-Fill:** 11. Tournament 12. Policy 13. Obesity 14. Opportunity 15. Prestigious 16. Excitement 17. Tourism 18. Inclined 19. Enhance 20. Record-breaking

**Matching sentence:** 1. Participants 2. Horizon 3. Strenuous 4. Surprising 5. Cement 6. Encourage 7. Concerns 8. Tournament 9. Record-breaking 10. Visible



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**CATEGORY**

1. Health - LEVEL3

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