

Zombie Caterpillar Fungus: Potential Lifesaver for Humans

Description

New Study Shows Benefits of Eating Berries

Eating berries may be even better for your health than previously thought, according to a recent study. Researchers at a university in Sweden found that people who ate a diet rich in berries had lower blood pressure and better heart health.

Berries such as blueberries and strawberries are known for their high levels of antioxidants, which can help reduce inflammation in the body and improve overall health. The study, which followed over 1,000 participants for five years, found that those who ate the most berries had a significantly lower risk of developing heart disease.

In addition to heart health benefits, berries are also packed with vitamins, fiber, and other nutrients that can help boost the immune system and improve digestion. Plus, they are a delicious and easy snack to incorporate into your daily diet.

So next time you're looking for a healthy snack, reach for some berries. Whether you eat them fresh, frozen, or blended into a smoothie, you'll be giving your body a tasty treat that can help keep you healthy in the long run.

Vocabulary List:

1. **Antioxidants** /æn.ti'ɑ:k.sɪ.dænts/ (noun): Substances that prevent or slow damage to cells caused by free radicals.
2. **Inflammation** /ɪn.flæ'meɪ.ʃən/ (noun): A response of body tissues to injury or irritation often causing redness and swelling.
3. **Participants** /pɑ:r'tɪs.ɪ.pənts/ (noun): Individuals who take part in a study or experiment.
4. **Diet** /'daɪ.ɪt/ (noun): The kinds of food that a person habitually eats.
5. **Nutrients** /'nu:.tri.ənts/ (noun): Substances that provide essential nourishment for growth and health.
6. **Health** /hɛlθ/ (noun): The state of being free from illness or injury; overall physical or mental well-being.

Comprehension Questions

Multiple Choice

1. Which country conducted the recent study showing the benefits of eating berries?

- Option: Sweden
- Option: United States
- Option: Brazil
- Option: Japan

2. What did researchers find about the heart health of people who ate a diet rich in berries?

- Option: Higher blood pressure
- Option: No impact on heart health
- Option: Lower blood pressure and better heart health
- Option: Increased risk of heart disease

3. Which of the following are known for their high levels of antioxidants?

- Option: Bananas
- Option: Apples
- Option: Blueberries and strawberries
- Option: Oranges

4. What did the study find regarding the risk of heart disease among those who ate the most berries?

- Option: No impact on heart disease risk
- Option: Higher risk of heart disease
- Option: Lower risk of developing heart disease
- Option: Increased inflammation in the body

5. Apart from antioxidants, what other benefits do berries provide?

- Option: Improved eyesight
- Option: Reduced energy levels
- Option: Boost the immune system, improve digestion, and are packed with vitamins and fiber
- Option: Cause heart diseases

6. Which of the following is NOT mentioned as a way to consume berries according to the text?

- Option: Fresh
- Option: Frozen
- Option: Blended into a salad
- Option: Blended into a smoothie

True-False

7. Berries like blueberries and strawberries are low in antioxidants.
8. The study followed over 1,000 participants for three years.
9. Berries can help reduce inflammation in the body.
10. Consuming berries can increase the risk of heart disease.
11. Berries are not known for being a tasty snack.
12. Berries can be beneficial for improving digestion.

Gap-Fill

13. Researchers at a university in _____ found that people who ate a diet rich in berries had lower blood pressure and better heart health.
14. The study followed over _____ participants for five years.
15. Those who ate the most berries had a significantly lower risk of developing _____ disease.
16. Berries are packed with vitamins, _____, and other nutrients that can help boost the immune system and improve digestion.
17. Berries are a delicious and easy snack to incorporate into your daily _____.
18. Whether you eat them fresh, frozen, or blended into a _____, you'll be giving your body a tasty treat.

Answer

Multiple Choice: 1. Sweden 2. Lower blood pressure and better heart health 3. Blueberries and strawberries 4. Lower risk of developing heart disease

5. Boost the immune system, improve digestion, and are packed with vitamins and fiber 6. Blended into a salad

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

Gap-Fill: 13. Sweden 14. 1,000 15. heart 16. fiber 17. diet 18. smoothie

Vocabulary quizzes

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

1. Which activity helps in reducing waste and protecting the environment?

- Option: Consumption
- Option: Recycling
- Option: Dangerous
- Option: Participants

2. What type of waste poses a potential threat to public health or the environment?

- Option: Antioxidants
- Option: Hazardous
- Option: Additives
- Option: Exciting

3. Which aspect is crucial when it comes to handling hazardous materials?

- Option: Caffeine
- Option: Efficient
- Option: Safety
- Option: Moderate

4. What process involves improving the quality or value of something?

- Option: Inflammation
- Option: Enhancing
- Option: Council
- Option: Recall

5. Which substances help protect cells against the effects of free radicals?

- Option: Benefits
- Option: Antioxidants
- Option: Nutrients
- Option: Waste

6. What term refers to the using up of a resource?

- Option: Recycling

Option: Consumption
Option: Encourage
Option: Facility

7. Who are the individuals taking part in a research study or experiment?

Option: Recall
Option: Placebo
Option: Participants
Option: Exciting

8. What is a substance or treatment that has no therapeutic effect?

Option: Diet
Option: Placebo
Option: Environment
Option: Additives

9. What are advantages or gains that come from a specific action or decision?

Option: Benefits
Option: Negate
Option: Inflammation
Option: Efficient

10. What is the state of being free from illness or injury?

Option: Antioxidants
Option: Health
Option: Diet
Option: Council

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

11. Using an _____ process in recycling can lead to cost savings and resource conservation.

12. The local council aims to _____ residents to adopt sustainable practices.

13. Consuming caffeine in _____ amounts is generally considered safe for most adults.

14. The _____ has proposed new initiatives to improve waste management in the city.

15. The company issued a product _____ due to potential contamination.

16. Antioxidants are known to reduce _____ in the body thus promoting overall health.

17. A balanced diet provides essential _____ required for proper body function.

18. Following a healthy _____ can significantly impact one's well-being.

19. Reducing household _____ can contribute to a cleaner environment.

20. Some food products contain artificial _____ to enhance flavor or appearance.

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

21. The new technology innovations presented at the conference were truly groundbreaking.

22. Preserving the natural is essential for the well-being of future generations.

23. The renovations made to the old building resulted in a more functional workspace.

24. The team of conducted experiments to analyze the effects of the new drug.

25. Fruits like blueberries and strawberries are rich in natural .

26. Many people rely on the stimulating effects of to kickstart their day.

27. Regular exercise can help to the negative impacts of a sedentary lifestyle.

28. Engaging in mindfulness practices has numerous mental and emotional .

29. The study requires willing to volunteer for the clinical trials.

30. Regular physical activity is crucial for maintaining good and preventing diseases.

Answer

Multiple Choice: 1. Recycling 2. Hazardous 3. Safety 4. Enhancing 5. Antioxidants 6. Consumption
7. Participants 8. Placebo 9. Benefits 10. Health

Gap-Fill: 11. Efficient 12. Encourage 13. Moderate 14. Council 15. Recall 16. Inflammation 17. Nutrients 18. Diet 19. Waste 20. Additives

Matching sentence: 1. Exciting 2. Environment 3. Improvements 4. Researchers 5. Antioxidants 6. Caffeine
7. Negate 8. Benefits 9. Participants 10. Health



CATEGORY

1. Health - LEVEL3

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Author

aimeeyoung99

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