

## NEW STUDY SAYS COFFEE IS GOOD FOR YOU

### BEFORE LISTENING

- What kind of beverages do you drink every day?
- Do you think about the health benefits of drinks?

### WHILE LISTENING

benefits	conclusion	lead	source
pains	led	stressed	diet
serving	aging	top	similar
content			

*Listen and fill in the gaps with the words above.*



<http://pan.baidu.com/s/1eQnrokE>

Coffee is good for you. That is the \_\_\_\_\_ of researchers at the University of Scranton in Pennsylvania. A team \_\_\_\_\_ by Dr. Joe Vinson found coffee is a rich \_\_\_\_\_ of antioxidants. Coffee is the biggest provider of these vitamins in the U.S. \_\_\_\_\_. Antioxidants help fight cancer and reduce cell damage and the effects of \_\_\_\_\_. Dr. Vinson said both caffeinated and decaffeinated coffee provides \_\_\_\_\_ levels of antioxidants. He recommended no more than two cups of coffee a day.

Vinson analyzed the antioxidant \_\_\_\_\_ of more than 100 different food items and beverages. Coffee finished \_\_\_\_\_ based on \_\_\_\_\_ size and frequency of consumption. However, Vinson advised people not to think of coffee as a health drink. He \_\_\_\_\_ that high antioxidant levels in coffee does not mean the vitamins will find their way into our bodies. The dangers of coffee are that it causes stomach \_\_\_\_\_, increases blood pressure and can \_\_\_\_\_ to heart problems. Vinson said more research is needed to understand its health \_\_\_\_\_.

### AFTER LISTENING

#### *True or False*

1. Coffee provides the biggest source of antioxidants for Americans.
2. Antioxidants lead to cancer.
3. Decaffeinated coffee has more antioxidants than caffeinated coffee.
4. A researcher said coffee should be thought of as a health drink.
5. Coffee can increase blood pressure.

#### *Questions for discussion*

1. Do you think coffee is healthy?
2. What do you think of the conclusions of the research?
3. Will you drink more coffee after reading this article?