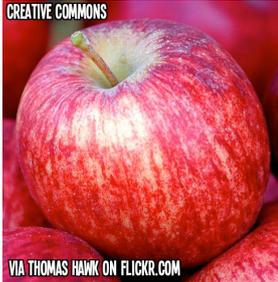


An apple a day keeps the doctor away

28th December, 2013



New research says eating an apple every day can protect your body from a heart attack. The research is from Oxford University in England. The researchers said if people in England over 50 years old ate a daily apple, 8,500 fewer people would die each year from

heart attacks and strokes. They added that if all adults ate more fruit and vegetables every day, there would be 11,000 fewer deaths in England. Lead researcher Dr Adam Briggs explained how healthier eating can have big effects on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs and healthier living can make a real difference in preventing heart disease and stroke."

The phrase "an apple a day keeps the doctor away" entered the English language over 100 years ago. People in the 19th century knew about the benefits of apples. Scientists in the 21st century are still telling us. Apples contain chemicals that lower cholesterol in our bodies. Too much cholesterol increases the risk of having a heart attack. Wikipedia.com says there are more than 7,500 different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-leading producer, with around six per cent of world production. People do many things with apples, from eating them raw, baking them, stewing them, and making sauces and cakes with them.

Sources: BBC / UPI / Wikipedia

Writing

An apple a day keeps the doctor away. Is this true? What are the advantages and disadvantages of eating an apple a day?

Chat

Talk about these words from the article.

new research / heart attack / fruit and vegetables / healthier eating / diet / difference / an apple a day / benefits / chemicals / cholesterol / raw / baking / sauces / cakes

True / False

- Researchers from a French university found new things about apples. T / F
- Thousands of over-50-year-olds would not die early if they ate apples. T / F
- 11,000 fewer adults in England would die if they ate healthier food. T / F
- A doctor said only big changes in diet can make a difference to health. T / F
- The phrase "an apple a day keeps the doctor away" is 300 years old. T / F
- Apples contain chemicals that help lower cholesterol in our body. T / F
- There are over 7,500 different kinds of apples in the world. T / F
- China grows over half of the world's apples. T / F

Synonym Match

- | | |
|--------------|----------------|
| 1. protect | a. food |
| 2. daily | b. successful |
| 3. effects | c. reduce |
| 4. effective | d. came into |
| 5. diet | e. results |
| 6. phrase | f. good points |
| 7. entered | g. guard |
| 8. benefits | h. uncooked |
| 9. lower | i. expression |
| 10. raw | j. every day |

Discussion – Student A

- Why are scientists only telling us now that apples are good for us?
- What is cholesterol?
- Do you know what your cholesterol level is?
- Are you surprised there are more than 7,500 kinds of apples?
- What apples do people grow in your country?
- Why do people say, "As American as apple pie"?
- What's the best dish or dessert that uses apples?
- What questions would you like to ask an apple expert?

Phrase Match

- | | |
|--|--------------------------|
| 1. eating an apple every day can | a. effects on our health |
| 2. 8,500 fewer | b. kinds of apples |
| 3. healthier eating can have big | c. a real difference |
| 4. how effective small changes | d. are still telling us |
| 5. healthier living can make | e. protect your body |
| 6. an apple a day keeps | f. cakes with them |
| 7. Scientists in the 21st century | g. in diet can be |
| 8. Apples contain chemicals that | h. the doctor away |
| 9. there are more than 7,500 different | i. lower cholesterol |
| 10. making sauces and | j. people would die |

Discussion – Student B

- What do you think of apples?
- Why are apples so healthy?
- Will you eat apples more often from now?
- How much fruit and vegetables do you eat every day?
- How healthy is the food you eat?
- How would you describe an apple to someone who had never seen one?
- What small changes do you need to make to your diet from today?
- Do you worry about your health?

Spelling

- New ecchrrsa
- rcptteo your body from a heart attack
- fruit and evstgeleab
- taihehrle eating
- It just shows how tffecicve small changes in diet can be
- preventing heart sedisea
- the English glganeua
- the ibefntse of apples
- Apples contain mceahscli
- rlcletseooh increases the risk of having a heart attack
- six per cent of world rnitpudooc
- making ausces and cakes

Answers – Synonym Match

1. g	2. j	3. e	4. b	5. a
6. i	7. d	8. f	9. c	10. h

Role Play

Role A – Apples

You think apples are the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, spinach or fish.

Role B – Milk

You think milk is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): apples, spinach or fish.

Role C – Spinach

You think spinach is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, apples or fish.

Role D – Fish

You think fish is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, spinach or apples.

Speaking - Food

Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-------------|------------|
| • apples | • yoghurt |
| • garlic | • steak |
| • chocolate | • potatoes |
| • spaghetti | • pizza |

Answers – True False

a	F	b	T	c	T	d	F	e	F	f	T	g	T	h	F
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.