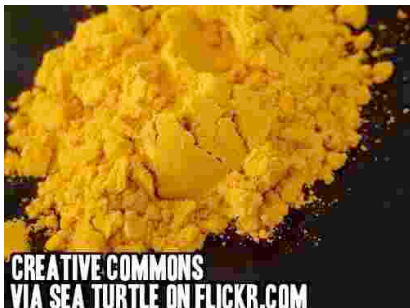


Curry spice may help repair brain cells

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CREATIVE COMMONS
VIA SEA TURTLE ON FLICKR.COM

Scientists believe the spice turmeric could help the brain to heal itself. This is encouraging news for those affected by degenerative brain diseases. Researchers from

the Institute of Neuroscience and Medicine in Germany examined the effects of properties found in turmeric on rats. The researchers injected rats with a compound from turmeric. After scanning the rodents' brains, they found that parts of the brain known for nerve cell growth were more active. They say the spice could lead to new drugs for treating strokes, Alzheimer's and other diseases. Lead scientist Dr Adele Rueger said it was possible the compound could "boost the effectiveness" of our brain cells, and "help boost repair in the brain".

Research is still in its infancy and more trials are needed to see what potential it has for humans. Dr Laura Phipps, from the charity Alzheimer's Research UK, told the BBC that it was too early to decide whether or not the research will be groundbreaking. She said: "It is not clear whether the results of this research would translate to people, or whether the ability to generate new brain cells in this way would benefit people with Alzheimer's disease." She added: "We'd need to see further studies to fully understand this compound's effects in the context of a complex disease like Alzheimer's. Until then, people shouldn't take this as a sign to stock up on supplies of turmeric for the spice rack."

Sources: BBC / MedicalXpress.com / Daily Mail

Writing

Compare and contrast spicy, hot curry and mild curry. Which is best? Why?

Chat

Talk about these words from the article.

spice / encouraging / neuroscience / compound / scanning / cell growth / boost / potential / charity / groundbreaking / translate / complex / supplies / spice rack

True / False

- Scientists say turmeric will prevent brain diseases from starting. T / F
- The research is from neuroscientists in the USA. T / F
- Researchers found turmeric prompted active brain cell regrowth in rats. T / F
- A scientist said turmeric could help in the treatment of stroke victims. T / F
- Research is currently being conducted on infants. T / F
- A doctor told the BBC that the research was groundbreaking. T / F
- The doctor said it was unclear if the research could help humans. T / F
- The doctor said people didn't need to go shopping for turmeric. T / F

Synonym Match

- | | |
|-------------------|--------------------|
| 1. heal | a. characteristics |
| 2. degenerative | b. early days |
| 3. properties | c. complicated |
| 4. treating | d. cure |
| 5. boost | e. innovative |
| 6. infancy | f. improve |
| 7. groundbreaking | g. debilitating |
| 8. context | h. squirrel away |
| 9. complex | i. dealing with |
| 10. stock up on | j. circumstances |

Discussion – Student A

- What are your favourite spices, and why?
- What do you think of the research?
- What do you know about the healing power of spices?
- Will you eat more things that contain turmeric from now?
- Why do researchers test things on rats?
- How active is your brain? Is it overactive or underused?
- What would you do with more brain power?
- What effect could this research have on society?

Phrase Match

- | | |
|---|-----------------------------|
| 1. turmeric could help the brain to heal | a. infancy |
| 2. those affected by degenerative | b. treating strokes |
| 3. the effects of properties | c. disease like Alzheimer's |
| 4. new drugs for | d. brain diseases |
| 5. the compound could "boost the effectiveness" | e. groundbreaking |
| 6. Research is still in its | f. found in turmeric |
| 7. the research will be | g. for the spice rack |
| 8. the ability to generate | h. itself |
| 9. a complex | i. new brain cells |
| 10. stock up on supplies of turmeric | j. of our brain cells |

Discussion – Student B

- What undiscovered potential do you think there is in spices?
- How are spices used in your national cuisine?
- Are you worried about your brain losing its functions?
- What can we do to keep our brain healthy?
- What are the differences between spices and herbs?
- Do you agree with the saying that "variety is the spice of life"?
- What other uses are there for spices?
- What questions would you like to ask the researchers?

Spelling

- cgnoagiuner news
- the Institute of eerusiccNone and Medicine
- injected rats with a cnpmduo from turmeric
- known for reenv cell growth
- lead to new drugs for atneritg strokes
- boost the ntvesfeifeesc of our brain cells
- Research is still in its afnicny
- see what nplttaoie it has
- the research will be grbenugkrandoi
- this research would tlersntaa to people
- raengtee new brain cells
- a sign to stock up on sipuespl of turmeric

Answers – Synonym Match

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

Role Play

Role A – Milk

You think milk is best for our body. Tell the others three reasons why. Tell the others which is the least important of these (and why): spices, fish or water.

Role B – Spices

You think spices are best for our body. Tell the others three reasons why. Tell the others which is the least important of these (and why): milk, fish or water.

Role C – Fish

You think fish is best for our body. Tell the others three reasons why. Tell the others which is the least important of these (and why): spices, milk or water.

Role D – Water

You think water is best for our body. Tell the others three reasons why. Tell the others which is the least important of these (and why): spices, fish or milk.

Speaking – Healthiest

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

- | | |
|-----------|-----------|
| • spices | • spinach |
| • milk | • water |
| • fish | • walnuts |
| • oranges | • avocado |

Answers – True False

a	F	b	F	c	T	d	T	e	F	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.