

Broccoli and avocado slow down aging

1st November, 2016



Help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow down the process of aging. New research suggests that eating green vegetables can

ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down the rate at which we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of vision.

The research was conducted by scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said tests on mice showed that NMN reduced typical signs of aging, including a decline in the strength of skeletal muscle, poor liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades. This latest research casts new light on this mystery.

Sources: *FoxNews.com / TechTimes.com / DailyMail.co.uk*

Writing

Scientists shouldn't try and change the natural process of aging. Discuss.

Chat

Talk about these words from the article.

help / wrinkles / research / broccoli / aging / compound / metabolism / vision / scientists / professor / decline / mice / energy / typical / density / eyesight / mystery

True / False

- Scientists have found a way to stop hair from going grey. T / F
- Only two vegetables can help slow down the aging process. T / F
- A compound called NMN does not affect the metabolism. T / F
- The compound NMN helps us keep our eyesight longer. T / F
- Researchers conducted tests on how mice age. T / F
- Older mice had energy levels similar to those in younger mice. T / F
- The compound NMN can slow down the decline of liver function. T / F
- The article says the mystery of our changing metabolism is in the dark. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|---------------------|
| 1. at hand | a. being similar to |
| 2. at bay | b. restore |
| 3. rate | c. worsen |
| 4. rejuvenate | d. puzzle |
| 5. deteriorate | e. away |
| 6. conducted | f. puzzled |
| 7. resembling | g. close by |
| 8. baffled | h. throws |
| 9. casts | i. carried out |
| 10. mystery | j. speed |

Discussion – Student A

- What things do you dislike about aging?
- How are your levels of energy?
- What do you know about metabolism?
- Is it wrong to try and slow down the natural process of aging?
- What is the best age to be?
- Why do we think it is so important to stay young?
- What do you do to stay young and healthy?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|-----------------------|
| 1. keep the wrinkles and grey hair | a. by scientists |
| 2. helps slow down the rate | b. metabolism |
| 3. slow down the physical signs | c. decline |
| 4. rejuvenate the | d. scientists |
| 5. weight | e. at bay |
| 6. The research was conducted | f. at which we age |
| 7. slow the physiological | g. of skeletal muscle |
| 8. energy levels resembling that of younger | h. gain |
| 9. a decline in the strength | i. of getting old |
| 10. baffled | j. mice |

Discussion – Student B

- How worried are you about ageing?
- Why do we age?
- Do you eat enough green vegetables?
- Would you like to live forever?
- What are the benefits of ageing?
- How can we keep wrinkles at bay?
- How can we ward off deteriorating eyesight?
- Will you now eat more broccoli and avocados?

Spelling

- keep the rskwnlei and grey hair at bay
- cabbage and avocado in rpucaitrla
- a modnoucp that helps slow down the rate
- rejuvenate the osbmimtale
- It helps eelinsprh levels of energy
- the dtiorainroet of vision
- The research was conducted by ncttiseiss
- slow the physiological deelnici
- energy levels bernmislge that of younger mice
- the strength of skeletal eumslc
- lower bone eyidtns
- casts new light on this yeymrst

Answers – Synonym Match

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

Role Play

Role A – Wrinkles

You think getting wrinkles is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, poor eyesight or muscle weakness.

Role B – Memory Loss

You think memory loss is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): getting wrinkles, poor eyesight or muscle weakness.

Role C – Poor Eyesight

You think poor eyesight is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, getting wrinkles or muscle weakness.

Role D – Muscle Weakness

You think muscle weakness is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, poor eyesight or getting wrinkles.

Speaking – Aging signs

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

- | | |
|----------------------------|-----------------|
| • losing teeth | • wrinkles |
| • thinning hair / baldness | • grey hair |
| • hearing loss | • memory loss |
| • muscle weakness | • poor eyesight |

Answers – True False

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