

Drinking water often helps us to live longer

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We all know that water is the source of life on Earth. No plant, insect, animal or human can survive without it. A new study highlights how important it is to our health and to living longer. The study is from the National Institutes of

Health in the USA. Researchers found that people who drank a lot of water every day were healthier and lived longer than those who didn't. The research team said people who stay well hydrated developed fewer serious health problems and age-related illnesses, like heart and lung disease. They added that adults who did not drink enough water were more likely to die at a younger age. These adults were also more likely to show signs of ageing.

The researchers looked at health data from 11,255 adults over a 30-year period. They analyzed the information of patients who had visited a hospital at least five times. The first three times were when the patients were in their 50s, and the last two times were when they were aged between 70 and 90. Dr Natalia Dmitrieva, lead researcher of the study, said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She encouraged people to drink more fluids, like water and juice, and fruit and vegetables with a high water content. She added that half of people worldwide do not drink enough. The average adult needs to drink at least 1.5 litres of water every day.

Sources: neurosciencenews.com / telegraph.co.uk / nypost.com

Writing

Governments must spend more money on free water and less on weapons. Discuss.

Chat

Talk about these words from the article.

water / life / plant / insect / animal / human / health / illnesses / heart disease / lung / information / hospital / patients / researcher / hydration / juice / fruit / vegetables

True / False

- 1) The article says water is the source of life. T / F
- 2) The research is from an institute of health in the UK. T / F
- 3) Researchers said people who drink lots of water get less lung disease. T / F
- 4) Drinking water means you look younger. T / F
- 5) Researchers looked at health data from over 11,500 adults. T / F
- 6) Researchers looked at data from people who went to hospital 10 times. T / F
- 7) A researcher said vegetables with a lot of water were good for us. T / F
- 8) Around 65% of people worldwide do not drink enough water. T / F

Synonym Match

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

- | | |
|----------------------|---------------|
| 1. survive | a. probable |
| 2. highlights | b. diseases |
| 3. study | c. examined |
| 4. illnesses | d. normal |
| 5. likely | e. focuses on |
| 6. data | f. correct |
| 7. analyzed | g. live |
| 8. proper | h. lengthen |
| 9. prolong | i. research |
| 10. average | j. statistics |

Discussion – Student A

- a) What do you think of water?
- b) How tasty is water?
- c) Is still or sparkling water best?
- d) Have you ever worried about having no water?
- e) Have you ever been really thirsty?
- f) Why are we suffering water shortages?
- g) Why would drinking lots of water mean a longer life?
- h) Do you drink enough water every day?

Phrase Match

1. water is the source
 2. No plant, insect, animal or human
 3. people who stay
 4. age-related illnesses, like heart
 5. adults were also more likely to show
 6. when the patients were
 7. proper hydration may slow
 8. drink more fluids,
 9. half of people worldwide do
 10. The average adult needs
- a. not drink enough
 - b. signs of ageing
 - c. to drink at least 1.5 litres
 - d. down ageing
 - e. can survive without it
 - f. like water and juice
 - g. well hydrated
 - h. of life on Earth
 - i. in their 50s
 - j. and lung disease

Discussion – Student B

- a) What do you think about what you read?
- b) How often do you go to hospital?
- c) How can we slow down the ageing process?
- d) What are your favourite drinks?
- e) What three adjectives best describe water, and why?
- f) What water problems will we see in the future?
- g) Could you drink only water and no other fluids?
- h) What questions would you like to ask the researchers?

Spelling

1. water is the uesrco of life
2. iruesv without it
3. A new study tighsighh how
4. people who stay well ddaetyhr
5. health problems and age-related sliensesl
6. more likely to show signs of aegign
7. over a 30-year orepid
8. They enzaydal the information
9. stpenita who had visited a hospital
10. prolong a iesdsae-free life
11. drink more fulsid
12. The gvreeaa adult needs to drink

Answers – Synonym Match

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

Role Play

Role A – Water

You think water is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, milk or coffee.

Role B – Honey

You think honey is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): water, milk or coffee.

Role C – Milk

You think milk is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, water or coffee.

Role D – Coffee

You think coffee is the best liquid. Tell the others three reasons why. Tell them what is wrong with their liquids. Also, tell the others which is the worst of these (and why): honey, milk or water.

Speaking – Liquids

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

- Water
- Honey
- Lemon juice
- Milk
- Coconut water
- Coffee
- Coke
- Energy drinks

Answers – True False

1 F	2 F	3 T	4 T	5 F	6 F	7 T	8 F
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Answers to Phrase Match and Spelling are in the text.