

ACE- 5C: Everything bad is good for you

Study these words.

1. **Expert** (noun): a person who is very skilled at something
2. **Contain** (verb): to have something inside
3. **Antioxidant** (noun): something that is good for your health. You can find it in some fresh fruit and vegetables
4. **Protect** someone/something **against** (verb): to keep someone/something safe from damage or injury
5. **Complicated** (adj): difficult to understand
6. **Intellectual** (adj): relating to your ability to think and understand things, especially complicated ideas
7. **Stimulating** (adj.): that encourages new ideas
8. **Psychology** (noun): the study of people's behaviour or mind

Checking understanding

Choose the words from the box to complete the gaps.

<i>A. Prevent</i>	<i>B. anxious</i>	<i>C. stimulate</i>	<i>D. contain</i>	<i>E. complicated</i>
<i>F. protect</i>	<i>G. illness</i>	<i>H. immune system</i>	<i>I. intellectual</i>	<i>J. skin</i>

1. A good sunscreen will help _____ sunburn.
2. These sunglasses cannot _____ you against the sunlight.
3. This math problem is so _____. I can't solve it.
4. This article can be used to _____ discussion among students.
5. Oranges a lot of _____ vitamin C.
6. His _____ is not good. He often falls ill.
7. The drug is used to treat a lot of _____.
8. I don't think he has the _____ skills necessary to study at this high level.
9. My mother always gets a bit _____ if we don't arrive when we say we will.
10. Avoid _____ contact with the glue.

5C: Listening 2.51 Everything bad is good for you

P = Presenter

J = Jane

T = Tony

P Next in our list of things which you thought were bad for you is

¹ _____ Jane, our food expert, is going to tell us why actually it can be good for us.

J Well, there have been a lot of ² _____ recently about chocolate. Remember, chocolate - is something that we've been eating for hundreds of years, it's not a modern invention. And the studies show that chocolate, like

³ _____, contains antioxidants. In fact, chocolate had more antioxidants than wine. These antioxidants can protect us against illnesses like ⁴ _____.

P Really?

J Yes, but, and this is very important, all the good antioxidants are only dark chocolate. So don't eat milk chocolate or white chocolate - they aren't

⁵ _____ at all. And of course, you also need to remember that although dark chocolate is good for you, it contains quite a lot of ⁶ _____, so if you are worried about your weight, don't eat too much. One or two pieces a day is ⁷ _____.

P Great news for me because I love chocolate! And now to Tony, our TV journalist. Tony, newspaper articles are always telling us about studies which say that we watch ⁸ _____, that we spend too much time sitting in front of the TV, and that as a result we don't do ⁹ _____. They also say that watching TV makes us stupid. Is this all true, Tony?

T Well, it's almost certainly true that we watch too much television, but it probably isn't true that watching TV make us ¹⁰ _____. I've just finished reading a book by a science writer, Steven Johnson, called *Everything bad is*

¹¹ _____. one thing he says in his book that modern TV series like the *Sopranos* or *House* or *Mad Men* are more intellectually stimulating than TV series were 20 years ago. He says that these shows are complicated and ¹² _____ and that they help to make us more ¹³ _____.

P Well, I can believe that, but what about reality shows that are so popular on TV. I can't believe that these are good for us.

T Well, Steven Johnson says that we can even ¹⁴ _____ from reality shows - he says this kind of programme can teach us about group psychology, about how people behave when they are in a group.

P Well, thank you, Tony and Jane. So, now you know what to do¹⁵ _____. You can sit down in front of the TV with a box of dark chocolate...