Spotlight 7	Reading Task 71006

Read the text and mark the statements
True (1), False (2), Not Stated (3).

Among Vitamins, D Seems Short for 'Does a Lot'

Vitamin D helps bones and muscles to grow strong and healthy. But more and more research is suggesting that vitamin D might also help to prevent many diseases.

The easiest way to get vitamin D is from sunlight. The sun's ultraviolet rays react with skin cells to produce vitamin D. But many people worry about skin damage from the sun. As a result, they cover their skin or wear sunblock or stay out of the sun. Not many foods naturally contain vitamin D. Foods high in this vitamin include oily fish such as salmon and tuna, and fish liver oils. Researchers reported last year that farmed salmon had only about one-fourth as much vitamin D as wild salmon. Small amounts of D are found in beef liver, cheese and eggs. Research in the last several years has shown that low levels of vitamin D may increase the risk of heart attacks and cancer. Other studies have shown that people with rheumatic diseases often have low levels of vitamin D.

More doctors are now testing their patients for their vitamin D levels. But if people take too much vitamin D, it might act as a poison (яд).

True (1), False (2), Not Stated (3).

A. Vitamin D is very effective to help with the problems of teeth.
B. According to new research, you have less risk to fall ill if you get vitamin D.
C. Scientists get vitamin D from sunlight in laboratories.
D. The sun's ultraviolet rays contain vitamin D.
E. Too much sunlight is dangerous for people's health.
F. Fresh meat is the main source of vitamin D in food.
G. Wild salmon is four times richer in vitamin D than farmed salmon.
H. Low level of vitamin D may result in brain diseases.
I. Students taking vitamin D are better at school studies.
J. The more vitamin D you get the healthier you are.

A	B	C	D	E	F	G	H	I	J

LIVEWORKSHEETS