

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.

A. Prevent	B. anxious	C. stimulate	D. contain	E. complicated
F. protect	G. illness	H. immune system	I. intellectual	j. skin

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...