READING COMPREHENSION







Read the text and choose a suitable title above.

A study carried out in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their diet to the number of heart attacks and strokes people had. Lead researcher Brian Buijsse said: "The good news is that chocolate is not as bad as we used to think, and may even lower the risk of heart disease and stroke." Mr Buijsse said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate exhibits the greatest effects, milk chocolate fewer, and white chocolate no effects," he said.

The German study showed that people who ate the most chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as much as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavonols are good for our heart. Flavonols also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Buijsse warns people not to suddenly eat lots of chocolate: "Eating higher amounts will most likely result in weight gain. If people start eating small amounts of chocolate, it should replace something else, preferably other high-calorie sweets or snacks."

Select the meaning of *lead* in this context.

- the initiative in an action; an example for others to follow.
- a position of advantage in a contest; first place.
- the main performer or person doing something.
- a wire covered in plastic and used to connect electrical equipment to the electricity supply.

FYI

The origin of the word chocolate can be traced to the Mayan word **xocolàtl** which means bitter water.

LIVEWORKSHEETS

Write T for True or F for False according to this text.

1) The article says German chocolate is the healthiest in the world. T / F
2) A study looked at 20,000 people over an eight-year period. T / F
3) Researchers followed people who were on a chocolate diet. T / F
4) Researchers found white chocolate helped reduce heart attacks. T / F
5) Chocolate cut the chances of strokes more than heart attacks. T / F
6) Chemicals in chocolate called flavonols are not found in nature. T / F
7) The lead researcher warned people not to eat too much chocolate. T / F
8) The researcher suggested replacing sweets with chocolate. T / F

Match the following synonyms from the article.

1.	conduct	a.	adipose
2	team	b.	acquire
3.	lower	c.	carry out
4.	fat	d.	group
5.	gain	e.	reduce

Did you know that ...?

It was a liquid made from crushed cocoa beans, chili peppers, and water. (There was no sugar in Central America.) The liquid was poured from one cup to another until a frothy foam appeared on top.

Are these healthy? Rate them from 10 = Super healthy to 1 = Will send you to an early grave.

- chocolate
- cheese
- raw fish (sushi)
- ice cream
- KFC
- red wine
- pizza
- coffee







LIVEWORKSHEETS