

Study says plant-based diet helps heart a little

A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is essential to eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may affect our health just as much as vegetables. These include other things we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle differences" also affected the health of our heart.

1. TRUE / FALSE: Read the text. Are the following statements true (T) or false (F)?

1. The findings in the study are the same as what doctors always told us. **T / F**
2. Lifestyle affects our health much more than what we eat. **T / F**
3. Researchers looked at data on nearly 400,000 people in Hong Kong. **T / F**
4. People answered questions about what vegetables they ate. **T / F**
5. The researchers said people don't have to eat vegetables. **T / F**
6. People who ate vegetables had a 15% less chance of heart disease. **T / F**
7. A researcher from Oxford University conducted a large study. **T / F**
8. The researcher said our socioeconomic situation affected our health. **T / F**

2. SYNONYM MATCH: Match the following synonyms from the article.

1. **reduce**
2. **goes against**
3. **income**
4. **took part**
5. **raw**
6. **advised**
7. **overall**
8. **especially**
9. **contributed**
10. **situation**

- a. participated
- b. salary
- c. recommended
- d. circumstances
- e. cut
- f. particularly
- g. uncooked
- h. played a part in
- i. contradicts
- j. general

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. greatly reduce the
2. This goes against what
3. whether or not we smoke
4. Almost 400,000 people took
5. raw and
6. people should still
7. the risk of dying
8. other factors also contributed to
9. Our large study did not find
10. lifestyle

- a. part in it
- b. this 15% reduction
- c. risk
- d. eat lots of vegetables
- e. and drink
- f. from cardiovascular disease
- g. evidence
- h. cooked vegetables
- i. differences
- j. doctors have been telling us

Multiple choice quiz

- 1) What do the findings of the study go against?
 - a) what doctors have been telling us
 - b) science
 - c) the grain
 - d) people
- 2) For how long have doctors been telling us to eat vegetables?
 - a) millennia
 - b) centuries
 - c) decades
 - d) years
- 3) What does the article say affects our health as much as vegetables?
 - a) sleep
 - b) lifestyle factors
 - c) fast food
 - d) pollution
- 4) How many universities conducted this research?
 - a) 6
 - b) 5
 - c) 4
 - d) 3
- 5) What kinds of vegetables did people answer questions about?
 - a) cooked and raw vegetables
 - b) red and green vegetables
 - c) frozen vegetables
 - d) organic vegetables

- 6) What overall thing did scientists say vegetables were good for?
 - a) vegan cuisine
 - b) the world
 - c) pasta
 - d) our health
- 7) What kind of vegetables were most effective in reducing risks?
 - a) GM vegetables
 - b) raw vegetables
 - c) organic vegetables
 - d) carrots
- 8) Where does the researcher Qi Feng work?
 - a) Seoul National University
 - b) the University of Hong Kong
 - c) the University of Bristol
 - d) the University of Oxford
- 9) What did Qi Feng say his study did not find?
 - a) carrots
 - b) bad
 - c) evidence
 - d) answers
- 10) What situation did Dr Qi Feng say affected the heart's health?
 - a) a medical emergency
 - b) socioeconomic situation
 - c) too much exercise
 - d) poisoned parsley

Punctuate the text and add capitals

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the scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health the findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables especially raw vegetables however they explained that many other factors also contributed to this 15 reduction lead researcher dr qi feng from the university of oxford said our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease he said differences in socioeconomic situation and lifestyle differences also affected the health of our heart