

Text 4

Read the text. Answer the questions on your mark sheet.

Coffee can help you live longer

There is good news for coffee lovers. A new report claims that regular coffee drinkers may live longer than those who do not drink coffee. Researchers say that there is growing evidence that coffee benefits health, making you live longer, and reduces the risk of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide.

The study was published by the American Heart Association. It looked at the coffee-drinking habits of over 200 000 people who drank between one and five cups of coffee a day. Researcher Dr Frank Hu said "This study provides further evidence that moderate consumption of coffee may give health benefits in terms of reducing premature death, and may also protect against heart failure." Dr Hu defined moderate consumption as two European cups of coffee per day which is equivalent to two 8-ounce American servings.

Scientists have been working hard to analyse exactly what is in coffee that provides so many benefits to health. Dozens of reports in the past few decades have highlighted the positive effects it can have on the body. Dr Hu said it was still unclear precisely how elements within the coffee bean interact with the body. He said "Coffee is a complex beverage. It is difficult to pinpoint which component of coffee is responsible for which benefit."

Researchers did not include highly caffeinated drinks such as cola in the study. They also pointed out that while coffee seems to have health benefits, added such as cream, sugar and certain types of sweeteners, did not.

26. **According to the text, drinking coffee can:**

- a. Make you stronger.
- b. Help you live longer.
- c. Help you recover from diseases.

27. **The research was based on:**

- a. People drinking coffee and cola.
- b. People drinking only coffee.
- c. People drinking coffee and other sweet drinks.

28. **What expression is used to mean drinking about two cups a day?**

- a. Health benefits.
- b. Further evidence.
- c. Moderate consumption.

29. **Dr Hu suggests that the exact way coffee helps the body is:**

- a. Difficult to say.
- b. Easy to understand.
- c. Not important.

30. **The word 'dozens' in paragraph 3 means the same as:**

- a. 2 or 3.
- b. About 10.
- c. 12 or more.

31. **Which word would best fill the gap in the last paragraph?**

- a. Drinks.
- b. Sweets.
- c. Ingredient