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Level 6

Jungle people with almost no heart problems

10th April, 2017

<http://www.breakingnewsenglish.com/1704/170410-heart-disease.html>

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Please try Levels 5 and 4 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Researchers have discovered the people with the healthiest hearts in the world. The Tsimane people live in the Amazon region of Bolivia and have almost no risk of serious heart disease because of their plant-based diet and high levels of physical activity. Besides having a healthy heart, the Tsimane also have low blood pressure, low cholesterol levels and low blood glucose. This all adds up to a very strong cardiovascular system. And this means they avoid many of the diseases and conditions that kill hundreds of millions around the world, such as heart attack, stroke, diabetes and kidney failure. A study estimates that an 80-year-old from the Tsimane tribe has the same cardiovascular age as an American in their mid-50s.

The study on the Tsimane is published in the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that coronary [disease] could be avoided if people adopted some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He added: "Most of the Tsimane are able to live their entire life without developing any coronary [disease]. This has never been seen in any prior research. While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to potentially forestall a condition we thought would eventually effect almost all of us."

Sources: <http://www.healthline.com/health-news/the-tribal-diet-that-could-eliminate-heart-disease>
<https://www.newscientist.com/article/2124999-south-american-group-has-the-healthiest-arteries-ever-seen/>
[http://thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30752-3/abstract](http://thelancet.com/journals/lancet/article/PIIS0140-6736(17)30752-3/abstract)

WARM-UPS

1. HEART DISEASE: Students walk around the class and talk to other students about heart disease. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

researchers / region / plant-based diet / physical activity / cholesterol / heart attack / medical journal / coronary disease / blood pressure / industrialized / lifestyle / condition

Have a chat about the topics you liked. Change topics and partners frequently.

3. LAW: Students A **strongly** believe it should a legal requirement to be fit and healthy; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. HEART: What can we do to look after it? Complete this table with your partner(s). Change partners often and share what you wrote.

	What to do	What	What not to do
Food			
Drink			
Work			
Sleep			
Exercise			
Friends			

5. HELATHY: Spend one minute writing down all of the different words you associate with the word "healthy". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. LIFESTYLE: Rank these with your partner. Put the best things for your heart at the top. Change partners often and share your rankings.

- vegetables
- sleep
- laughter
- long country walks
- being with friends
- exercise
- love
- medicine

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The people with the healthiest hearts live in the Amazon jungle. **T / F**
- b. The people have a largely freshwater fish-based diet. **T / F**
- c. The people generally have high levels of blood sugar. **T / F**
- d. An 80-year-old has the world's strongest cardiovascular system. **T / F**
- e. The study on the jungle people can be read in a medical journal. **T / F**
- f. A doctor recommended keeping levels of blood sugar low. **T / F**
- g. A study has never before documented people with no coronary disease. **T / F**
- h. The doctor said we couldn't adopt aspects of the tribe's lifestyle. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|-------------------|
| 1. discovered | a. stay away from |
| 2. risk | b. whole |
| 3. besides | c. calculates |
| 4. avoid | d. features |
| 5. estimates | e. possibility |
| 6. adopted | f. earlier |
| 7. entire | g. in the end |
| 8. prior | h. found |
| 9. aspects | i. took on |
| 10. eventually | j. apart from |

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

- | | |
|---------------------------------|-----------------------------|
| 1. in the Amazon region | a. of serious heart disease |
| 2. no risk | b. in any prior research |
| 3. because of their plant- | c. failure |
| 4. a very strong cardiovascular | d. of their lifestyle |
| 5. kidney | e. based diet |
| 6. coronary | f. almost all of us |
| 7. their entire | g. of Bolivia |
| 8. This has never been seen | h. life |
| 9. we can adopt some aspects | i. system |
| 10. eventually effect | j. disease |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Researchers have (1) _____ the people with the healthiest hearts in the world. The Tsimane people live in the Amazon region of Bolivia and have almost no (2) _____ of serious heart disease because of their plant-(3) _____ diet and high levels of physical activity. Besides having a healthy heart, the Tsimane also have low blood pressure, low cholesterol levels and low blood (4) _____. This all adds up to a very strong cardiovascular (5) _____. And this means they (6) _____ many of the diseases and conditions that kill hundreds of millions around the world, such as heart attack, stroke, diabetes and kidney (7) _____. A study estimates that an 80-year-old from the Tsimane tribe has the same cardiovascular (8) _____ as an American in their mid-50s.

The study on the Tsimane is (9) _____ in the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study (10) _____ that coronary [disease] could be avoided if people adopted some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood (11) _____ very low, not smoking and being (12) _____ active." He added: "Most of the Tsimane are able to live their (13) _____ life without developing any coronary [disease]. This has never been seen in any (14) _____ research. While difficult to (15) _____ in the industrialized world, we can adopt some aspects of their lifestyle to potentially forestall a condition we thought would (16) _____ effect almost all of us."

based
failure
discovered
system
age
risk
avoid
glucose

sugar
eventually
suggests
entire
published
achieve
physically
prior

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

- 1) have almost no risk of serious heart disease because of their _____
 - a. plant-biased diet
 - b. plant-basted diet
 - c. plant-blasted diet
 - d. plant-based diet
- 2) the Tsimane also have low blood pressure, low cholesterol levels and _____
 - a. lowly blood glucose
 - b. low bloody glucose
 - c. low blood glucose
 - d. low blooded glucose
- 3) And this means they avoid many of the diseases and conditions _____
 - a. that kills hundreds
 - b. that killing hundreds
 - c. that kill hundred
 - d. that kill hundreds
- 4) millions around the world, such as heart attack, stroke, diabetes _____
 - a. and kidney failure
 - b. and kidney's failure
 - c. and kidneys failure
 - d. and kidney failures
- 5) ... has the same cardiovascular age as an American _____
 - a. in their mad-50s
 - b. in their mid-50s
 - c. on their mid-50s
 - d. in these mid-50s
- 6) The study on the Tsimane is published in the medical _____ 'The Lancet'
 - a. medicals journal
 - b. medical journal
 - c. medically journal
 - d. medic all journal
- 7) Most of the Tsimane are able to live their entire life without developing _____
 - a. any coronary disease
 - b. any coronary diseases
 - c. and coronary disease
 - d. and coronary diseases
- 8) This has never been seen in any _____
 - a. prior research
 - b. priors research
 - c. priory research
 - d. prioritize research
- 9) While difficult to achieve in the industrialized world, we can adopt some _____
 - a. aspects of these lifestyle
 - b. aspects of their lifestyles
 - c. aspects of their lifestyle
 - d. aspect of their lifestyle
- 10) potentially forestall a condition we thought would eventually effect _____
 - a. almost tall of them
 - b. almost those of us
 - c. almost all of them
 - d. almost all of us

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LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Researchers have discovered (1) _____ healthiest hearts in the world. The Tsimane people live in the Amazon region of Bolivia and have (2) _____ serious heart disease because of their plant-based diet and high levels of physical activity. (3) _____ healthy heart, the Tsimane also have low blood pressure, low cholesterol levels and low blood glucose. This (4) _____ very strong cardiovascular system. And this means they avoid many of the diseases and conditions that kill hundreds of millions around the world, such as heart attack, (5) _____ kidney failure. A study estimates that an 80-year-old from the Tsimane tribe has the same cardiovascular age as an American (6) _____.

The study on the Tsimane (7) _____ the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that coronary [disease] (8) _____ if people adopted some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being (9) _____." He added: "Most of the Tsimane are able to live their entire life without developing any coronary [disease]. This has never (10) _____ prior research. While difficult to achieve in the industrialized world, we can adopt (11) _____ their lifestyle to potentially forestall a condition we thought would eventually effect (12) _____."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

1. From which country are the people with the healthiest hearts?
2. What kind of diet do the Tsimane people eat?
3. What do the Tsimane have low levels of besides blood sugar?
4. What system did the article say is strong in the Tsimane people?
5. What organ did the article mention as being possible to fail?
6. Who is Dr Gregory S. Thomas?
7. What did the doctor say we should not do?
8. What did the doctor say the Tsimane avoid for their whole life?
9. Where is it difficult to achieve such a healthy lifestyle?
10. Who did the doctor say coronary disease would eventually effect?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

- 1) From which country are the people with the healthiest hearts?
 - a) Brazil
 - b) Bolivia
 - c) Belize
 - d) Benin
- 2) What kind of diet do the Tsimane people eat?
 - a) a fruitarian diet
 - b) a Mediterranean diet
 - c) a largely dairy diet
 - d) a plant-based diet
- 3) What do the Tsimane have low levels of besides blood sugar?
 - a) blood pressure and cholesterol
 - b) white blood cells and platelets
 - c) insulin
 - d) adrenalin
- 4) What system did the article say is strong in the Tsimane people?
 - a) the metabolism
 - b) the skeletal-muscular system
 - c) the cardiovascular system
 - d) the nervous system
- 5) What organ did the article mention as being possible to fail?
 - a) the pancreas
 - b) the kidneys
 - c) the liver
 - d) the lungs
- 6) Who is Dr Gregory S. Thomas?
 - a) the study's co-author
 - b) the leader of the tribe
 - c) originator of the Thomas Diet
 - d) an American in his mid-50s
- 7) What did the doctor say we should not do?
 - a) keep cholesterol
 - b) eat sugar
 - c) smoke
 - d) avoid pressure
- 8) What did the doctor say the Tsimane avoid for their whole life?
 - a) coronary disease
 - b) steak
 - c) exercise
 - d) stress
- 9) Where is it difficult to achieve such a healthy lifestyle?
 - a) in industrialized countries
 - b) at work
 - c) in cities
 - d) in the desert
- 10) Who did the doctor say coronary disease would eventually effect?
 - a) very few of us
 - b) half of us
 - c) all of us
 - d) almost all of us

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Role A – Love

You think love is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least beneficial of these (and why): vegetables, sleep or medicine.

Role B – Vegetables

You think vegetables are best for your heart. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least beneficial of these (and why): love, sleep or medicine.

Role C – Sleep

You think sleep is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least beneficial of these (and why): vegetables, love or medicine.

Role D – Medicine

You think medicine is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least beneficial of these (and why): vegetables, sleep or love.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'heart' and 'disease'.

heart	disease

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• discovered• risk• Besides• adds• means• 80	<ul style="list-style-type: none">• journal• suggests• keeping• entire• achieve• eventually
---	--

HEART DISEASE SURVEY

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Write five GOOD questions about heart disease in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

HEART DISEASE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'heart'?
3. What is the most interesting thing about what you read?
4. Should we all go back to living off the land?
5. Why doesn't everyone have a plant-based diet?
6. How can we fit exercise into every part of our day?
7. How is your health?
8. What do you do to stay fit and healthy?
9. What do you know about the cardiovascular system?
10. Would you swap your life to live with the Tsimane people?

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HEART DISEASE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'disease'?
13. What do you think about what you read?
14. How interested are you in reading the full article?
15. How are your blood pressure and cholesterol levels?
16. Is there anything in this article we didn't know before?
17. Should we have health training at school?
18. Should the government make laws to make us follow a healthy lifestyle?
19. What do you need to do right now to be healthier?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1704/170410-heart-disease.html>

Researchers have (1) _____ the people with the healthiest hearts in the world. The Tsimane people live in the Amazon (2) _____ of Bolivia and have almost no risk of serious heart disease because of their plant-(3) _____ diet and high levels of physical activity. Besides having a healthy heart, the Tsimane also have low blood pressure, low cholesterol levels and low blood glucose. This all adds (4) _____ to a very strong cardiovascular system. And this means they avoid many of the diseases and conditions that kill hundreds of millions around the world, such (5) _____ heart attack, stroke, diabetes and kidney failure. A study estimates that an 80-year-old from the Tsimane tribe has the same cardiovascular (6) _____ as an American in their mid-50s.

The study on the Tsimane is published (7) _____ the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that coronary [disease] could (8) _____ avoided if people adopted some (9) _____ of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He added: "Most of the Tsimane are able to live their (10) _____ life without developing any coronary [disease]. This has never been seen in any (11) _____ research. While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to potentially (12) _____ a condition we thought would eventually effect almost all of us."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|-----------------|---------------|----------------|
| 1. | (a) discovered | (b) discovers | (c) discovery | (d) discover |
| 2. | (a) regional | (b) regionalize | (c) region | (d) regionally |
| 3. | (a) blasted | (b) biased | (c) based | (d) basted |
| 4. | (a) on | (b) in | (c) down | (d) up |
| 5. | (a) as | (b) was | (c) is | (d) has |
| 6. | (a) year | (b) age | (c) old | (d) date |
| 7. | (a) to | (b) by | (c) at | (d) in |
| 8. | (a) have | (b) be | (c) do | (d) see |
| 9. | (a) filaments | (b) firmaments | (c) elements | (d) permanents |
| 10. | (a) all | (b) entire | (c) every | (d) intact |
| 11. | (a) prior to | (b) prioritize | (c) priory | (d) prior |
| 12. | (a) uninstall | (b) forestall | (c) stall | (d) install |