

**Eating chili peppers helps you live longer**

There is good news for lovers of hot and spicy food - the chili inside it can help you live longer. Researchers from the University of Vermont College of Medicine in the US have discovered that capsaicin, the active ingredient in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system and help reduce high blood pressure and obesity. They said people who regularly ate hot red chili peppers had a 13 per cent reduced risk of premature death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was associated with reduced mortality. Hot red chili peppers may be a beneficial component of the diet."

The researchers surveyed a total of 16,179 adults over a period of six years. Survey participants answered questions on their health, lifestyle, income and eating habits. The researchers analysed the deaths that occurred in the 18 years following the survey. A total of 4,946 of the participants died. Of these, 21.6 per cent regularly consumed chili compared with 33.6 per cent who did not. This led the researchers to believe hot red chili peppers helped prolong life. Britain's National Health Service urged people not to rely on one "superfood" like chili to stay healthier. It said: "Eat a balanced diet high in a variety of fruit and vegetables, limit salt, sugar and saturated fat, stay active [and] avoid smoking."

**NOTE:** 'chili' is American English; 'chilli' is British English.

**WARM-UPS**

**1. CHILI PEPPERS:** Students walk around the class and talk to other students about chili peppers. 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?

*good news / lovers / live longer / blood pressure / risk / premature death / mortality / adults / lifestyle / income / health service / superfood / balanced diet / saturated fat*

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

**3. SUPERFOODS:** Students A strongly believe we should only eat superfoods; Students B strongly disagree. Change partners again and talk about your conversations.

**4. DIET:** How good for us are these foods? Complete this table with your partner(s). Change partners often and share what you wrote.

Good things	Bad things
Pizza	
Chocolate	
Avocado	
Banana	
Toast	
Ice cream	

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

**6. SPICY:** Rank these spicy things with your partner. Put the best at the top. Change partners often and share your rankings.

• pizza	• potato chips
• curry	• chili con carne
• kimchi	• pasta
• samosa	• soup

**BEFORE READING**

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

- a. The article says there is good news for romantic couples who like hot food. **T / F**
- b. The researchers were from the Chili University of Vietnam. **T / F**
- c. People who ate chili often reduced their risk of premature death by 13%. **T / F**
- d. Researchers said chili consumption was linked with increased mortality. **T / F**
- e. Researchers surveyed over 16,000 adults. **T / F**
- f. Just under 5,000 of those surveyed died within 18 years of the survey. **T / F**
- g. Britain's National Health Service recommended a chili a day. **T / F**
- h. Britain's National Health Service recommended we eat more fat. **T / F**

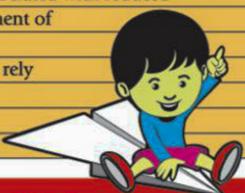
**2. SYNONYM MATCH:**

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

1. lovers	a. linked
2. boost	b. polled
3. premature	c. part
4. associated	d. ate
5. component	e. fans
6. surveyed	f. keep away from
7. occurred	g. untimely
8. consumed	h. depend
9. rely	i. improve
10. avoid	j. happened

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

1. good news for lovers	a. death
2. active	b. the diet
3. a 13 per cent reduced risk of premature	c. balanced diet
4. chili pepper was associated with reduced	d. of six years
5. a beneficial component of	e. fat
6. over a period	f. mortality
7. urged people not to rely	g. active
8. Eat a	h. of hot and spicy food
9. saturated	i. on one "superfood"
10. stay	j. ingredient



Find the answers in next **MONDAY** issue

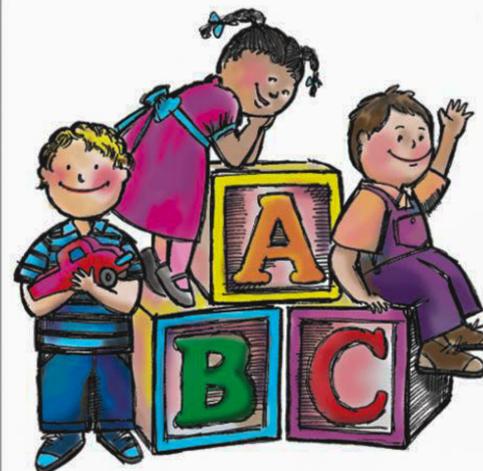
**GAP FILL**

There is good news for (1) \_\_\_\_\_ of hot and spicy food - the chili inside it can help you live longer. Researchers from the University of Vermont College of Medicine in the US have (2) \_\_\_\_\_ that capsaicin, the active (3) \_\_\_\_\_ in hot red chili peppers, may boost the metabolism, strengthen the cardiovascular system and help reduce high blood (4) \_\_\_\_\_ and obesity. They said people who (5) \_\_\_\_\_ ate hot red chili peppers had a 13 per cent reduced risk of (6) \_\_\_\_\_ death compared with those who did not eat them. They concluded that: "The consumption of hot red chili pepper was (7) \_\_\_\_\_ with reduced mortality. Hot red chili peppers may be a beneficial component of the (8) \_\_\_\_\_."

premature  
lovers  
discovered  
diet  
pressure  
associated  
regularly  
ingredient.

The researchers surveyed a (9) \_\_\_\_\_ of 16,179 adults over a period of six years. Survey participants answered questions on their health, lifestyle, income and eating (10) \_\_\_\_\_. The researchers analysed the deaths that (11) \_\_\_\_\_ in the 18 years following the survey. A total of 4,946 of the participants died. Of these, 21.6 per cent regularly (12) \_\_\_\_\_ chili compared with 33.6 per cent who did not. This led the researchers to believe hot red chili peppers helped (13) \_\_\_\_\_ life. Britain's National Health Service urged people not to (14) \_\_\_\_\_ on one "superfood" like chili to stay healthier. It said: "Eat a (15) \_\_\_\_\_ diet high in a variety of fruit and vegetables, limit salt, sugar and saturated (16) \_\_\_\_\_, stay active [and] avoid smoking."

habits  
rely  
consumed  
fat  
total  
balanced  
occurred  
prolong



**COMPREHENSION QUESTIONS**

- For whom is there good news?  
\_\_\_\_\_
- What did researchers say the active ingredient capsaicin can boost?  
\_\_\_\_\_
- What was the reduced risk of premature death for chili eaters?  
\_\_\_\_\_
- What did researchers associate hot red chili pepper consumption with?  
\_\_\_\_\_
- What kind of dietary component did researchers say chilis were?  
\_\_\_\_\_
- What was the timeframe in which researchers surveyed participants?  
\_\_\_\_\_
- For how many years did researchers follow participants after the survey?  
\_\_\_\_\_
- What percentage of those who died regularly ate chili?  
\_\_\_\_\_
- What did researchers say eating hot red chili peppers prolonged?  
\_\_\_\_\_
- What kind of fat did a health service recommend limiting?  
\_\_\_\_\_



**MULTIPLE CHOICE - QUIZ**

- For whom is there good news?  
a) chilli farmers b) romantic lovers  
c) Thai restaurants  
d) lovers of spicy and hot food
- What did researchers say the active ingredient capsaicin can boost?  
a) one's love life b) metabolism  
c) economic growth d) hair growth
- What was the reduced risk of premature death for chili eaters?  
a) high blood pressure b) a slight headache  
c) slight d) 13%
- What did researchers associate hot red chili pepper consumption with?  
a) a burning tongue b) curry  
c) reduced mortality d) premature death
- What kind of dietary component did researchers say chilis were?  
a) a tasty one b) an inexpensive one  
c) a complex one d) a beneficial one
- What was the timeframe in which researchers surveyed participants?  
a) a total b) blue c) 6 years d) 16,179 days
- For how many years did researchers follow participants after the survey?  
a) 18 b) 12 c) 6 d) 24
- What percentage of those who died regularly ate chili?  
a) 36.3 b) 33.6 c) 21.6 d) 26.1
- What did researchers say eating hot red chili peppers prolonged?  
a) the health service b) life  
c) taste d) experience
- What kind of fat did a health service recommend limiting?  
a) saturated fat b) wobbly fat  
c) active fat d) sugary fat



**ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED MARCH 27, 2017)**

**KEY : AT THE MALL**  
1. My sister and I were at my grandma's house | when the phone rang. 2. We were watching TV on the couch, the old brown one, and eating sandwiches. 3. It was Jan, my sister's friend, | and she wanted to talk to my sister. 4. I said, "I'll go get her, Jan," | and then I went to get her. 5. Jan told my sister | that the new super group, the Dance Boys, was at the mall. 6. My sister almost fainted | because she's the biggest fan of the Dance Boys. 7. "I love the Dance Boys," | she said excitedly. 8. Jan, my sister, and I all hopped on the bus to the mall to see the Dance Boys. 9. I'm not really a fan of the Dance Boys, | but I like to go to the mall, | so I went. 10. When we got there, | the mall was packed with Dance Boy fans. 11. Everyone wore Dance Boy shirts except me | because I hate the Dance Boys. 12. While the Dance Boys sang, | Jan danced, | but I played games on my cell phone. 13. I challenged one of the Dance Boys to a dance battle | but he was scared. 14. Since we went to the mall, | I've been working on my moves, | but I'm still bad. 15. If Jan, my sister, and I go to the mall again, | I'll surely walk around and shop.

**KEY : AT THE CIRCUS**  
1. The circus came to town and tickets were cheap, so I decided to go with my friend. 2. Although the clowns drove up in a little car, there were a bunch of them and I didn't think they would all fit. 3. While a guy stuck his head in the lion's mouth, the bears were dancing in tutus and an elephant rode a bike. 4. After a man with a whip beat the animals, the animals were sad, so the man fed them a snack. 5. Since I was getting a bit hungry, and a lady was selling snacks, I bought popcorn and cotton candy. 6. A family did tricks on the flying trapeze while I took pictures, even though I thought one of them was going to fall. 7. Although my belly hurt from eating junk, I had a good time and the circus is always fun.

**KEY : NINJAS**  
Although some people are afraid of ninjas, since they kill tons of people, I think they're cool. Because Ninjas have so many enemies, they live high up in trees on top of mountains. No one can reach them in their mountain tree forts unless they lower their rope ladders for them. If you tried to climb up a ninja's tree without the rope ladder, you would probably get hit with a million ninja stars. Despite their inhospitable nature, ninjas are usually really nice to children and animals.

**KEY : The Leprechaun's Treasure**  
Directions: subjects are bolded, predicates are italicized and phrases are underlined.  
1. In between the old hills of Garfield Park, a tiny green leprechaun dances on March 17th. 2. Wary of travelers, the tiny green leprechaun hides in trees, or under bridges, or in garbage cans. 3. While taking his homework out of his car, Mr. Morton heard a strange laugh coming from the park. 4. Mr. Morton put his stuff in the car and walked toward the park, feeling a little frightened by the fog. 5. A green fog, as thick as a Shamrock Shake, gathered over the baseball field. 6. From out of nowhere, the leprechaun appeared to Mr. Morton, giggling and doing an Irish dance. 7. Having never seen a leprechaun before, Mr. Morton was puzzled. 8. Mr. Morton and the leprechaun stared at each other and walked slowly in a circle. 9. Having always wanted gold teeth, Mr. Morton tried to catch the leprechaun. 10. The leprechaun, used to being chased, disappeared and then reappeared in a tree. 11. Shaking the tree violently, Morton imagined having a big gold helmet, with gold horns on the side. 12. Gold coins rained down to the earth like tears from the heavens. 13. Mr. Morton, the most dangerous leprechaun hunter in the North, celebrated by grabbing coins. 14. Filling up his pockets with gold coins, Mr. Morton laughed and laughed. 15. The leprechaun, having magically summoned a rainbow bridge, went back to his home in Ireland. 16. Mr. Morton brought all of the gold coins to his neighbor, a renowned pawnbroker. 17. Squinting through his magnifying glass, the pawnbroker examined the gold coins closely. 18. He picked one gold coin out of the pile and handed it to Mr. Morton, moving very slowly. 19. Peeling back layers of gold foil, the pawnbroker showed him the delicious piece of chocolate inside. 20. Though disappointed about not getting gold teeth, Mr. Morton was happy to have so much candy.

**KEYS : SEAT BELTS**  
1D 2B 3A 4C 5C 6D 7A 8B 9D 10B