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EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,  
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání  
pro konkurenceschopnost

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ



## DIGITÁLNÍ UČEBNÍ MATERIÁL

Číslo projektu	<b>CZ.1.07/1.5.00/34.0969</b>
Název školy	Gymnázium Česká a Olympijských nadějí, České Budějovice, Česká 64
Název materiálu	VY_32_INOVACE_AJ_4_RAD_18_ SPLENDID_READING_HEALTHY_EATING_1
Autor	Marcela Radová
Tematický okruh	Health
Ročník	Intermediate-upper-intermediate level (3.-4. ročník)
Datum tvorby	2.1.2012
Anotace	Materiál slouží k rozšíření slovní zásoby
Metodický pokyn	Prezentace je určena především k rozvinutí slovní zásoby na dané téma. Možnosti využití: promítání-frontální práce, nebo vytištění formou pracovního listu a následné frontální kontroly.
Pokud není uvedeno jinak, použitý materiál je z vlastních zdrojů autora	



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1) Task one:

**Guess the missing words in the headline**

Tomatoes, watermelons, peppers reduce

----- , Finnish study suggests



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**Answer:**

**Tomatoes, watermelons, peppers reduce stroke risk, Finnish study suggests**

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## 2) Task two:

### Fill in suitable words in the gaps

A Finnish study has 1) that having higher body levels of lycopene— a red chemical occurring in tomatoes, watermelons, grapefruit, peppers, and papaya — may reduce the 2) of stroke. The research for the study, which is in the issue of medical journal *Neurology* 3) today, 4) 1,031 men aged between 42 and 61 over a period of twelve years on 5) .

The study, which was financed by the Lapland Central Hospital, found that the men with higher 6) of lycopene in their 7) system experienced fewer 8) than men with lower levels. Eleven strokes 9) amongst the 259 men in the highest of the four lycopene level categories while 25 of the 258 men in the categories with the lowest lycopene 10) categories 11) strokes. This suggests a stroke was 55% less 12) if one had a high amount of the 13) in one's 14) than if one had a low amount.

"The results 15) the recommendation that people get more than five 16) of fruits and vegetables a day," said Dr Jouni Karppi of the Department of Medicine at the University of Eastern Finland. Eating these types of foods in such 17) "would likely lead to a major 18) in the number of strokes worldwide, according to 19) research", the primary author of the study continued. He added that 20) and blood 21) — the cause of ischemic strokes, the most common type of stroke — 22) less frequently.

In the US state of New York, Lenox Hill Hospital Center for Stroke and Neuro-Endovascular Surgery director Dr. Rafael Ortiz said that, alongside 23) and 24) , "diet is very important" for reducing the 25) of stroke. However, these results "should not 26) people from eating other types of fruit and vegetables as they all have health 27) and remain an important 28) of a staple diet", according to Dr Clare Walton of The Stroke Association in the UK.



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The results **29)** as part of a wider study on cardiovascular **30)** development **31)** . The United States Department of Agriculture also **32)** high concentrations of lycopene in tomato purées, pastes and sauces.



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### Answer:

A Finnish study has **indicated** that having higher body levels of lycopene— a red chemical occurring in tomatoes, watermelons, grapefruit, peppers, and papaya — may reduce the **risk** of stroke. The research for the study, which is in the issue of medical journal *Neurology* **released** today, **examined** 1,031 men aged between 42 and 61 over a period of twelve years on **average**.

The study, which was financed by the Lapland Central Hospital, found that the men with higher **amounts** of lycopene in their **blood** system experienced fewer **strokes** than men with lower levels. Eleven strokes **occurred** amongst the 259 men in the highest of the four lycopene level categories while 25 of the 258 men in the categories with the lowest lycopene **level** categories **experienced** strokes. This suggests a stroke was 55% less **likely** if one had a high amount of the **chemical** in one's **diet** than if one had a low amount.

"The results **support** the recommendation that people get more than five **servings** of fruits and vegetables a day," said Dr Jouni Karppi of the Department of Medicine at the University of Eastern Finland. Eating these types of foods in such **quantities** "would likely lead to a major **reduction** in the number of strokes worldwide, according to **previous** research", the primary author of the study continued. He added that **inflammation** and blood **clotting** — the cause of ischemic strokes, the most common type of stroke — **occurred** less frequently.

In the US state of New York, Lenox Hill Hospital Center for Stroke and Neuro-Endovascular Surgery director Dr. Rafael Ortiz said that, alongside **exercise** and **non-smoking**, "diet is very important" for reducing the **likelihood** of stroke. However, these results "should not **deter** people from eating other types of fruit and vegetables as they all have health **benefits** and remain an important **part** of a staple diet", according to Dr Clare Walton of The Stroke Association in the UK.

The results **came** as part of a wider study **on** cardiovascular **disease** development **risks**. The United States Department of Agriculture also **registers** high concentrations of lycopene in tomato purées, pastes and sauces.



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## Zdroje:

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[http://en.wikinews.org/wiki/Tomatoes,\\_watermelons,\\_peppers\\_reduce\\_stroke\\_risk,\\_Finnish\\_study\\_suggests](http://en.wikinews.org/wiki/Tomatoes,_watermelons,_peppers_reduce_stroke_risk,_Finnish_study_suggests)

Tuesday, October 9, 2012