



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ



DIGITÁLNÍ UČEBNÍ MATERIÁL

Číslo projektu	CZ.1.07/1.5.00/34.0969
Název školy	Gymnázium Česká a Olympijských nadějí, České Budějovice, Česká 64
Název materiálu	VY_32_INOVACE_AJ_4_RAD_19_ SPLENDID_READING_HEALTHY_EATING_2
Autor	Marcela Radová
Tematický okruh	Health
Ročník	Intermediate-upper-intermediate level (3.-4. ročník)
Datum tvorby	4.1.2012
Anotace	Materiál slouží k procvičení slovní zásoby na téma health
Metodický pokyn	Prezentace je určena především k rozšíření a procvičení slovní zásoby obecně, ale i 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:

Fill in the gaps with appropriate words or collocations



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

The study, which was financed by the Lapland Central Hospital, found that the men **6)** of lycopene in their blood system experienced fewer strokes than men with lower levels. Eleven strokes occurred **7)** the 259 men in the highest of the four lycopene level categories **8)** 25 **9)** the 258 men in the categories with the lowest lycopene level categories experienced strokes. This suggests a stroke was 55% **10)** if one had a high amount of the chemical in **11)** diet than if one had a low amount.

"The results support the recommendation that people get **12)** 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 **13)** quantities "would **14)** to a major reduction in the number of strokes worldwide, **15)** previous research", the primary author of the study continued. He added that inflammation and blood clotting — the cause of ischemic strokes, **16)** common type of stroke — occurred **17)** frequently.

In the US state of New York, Lenox Hill Hospital Center for Stroke and Neuro-Endovascular Surgery director Dr. Rafael Ortiz said that, **18)** exercise and non-smoking, "diet is very important" for reducing the likelihood of stroke. **19)** , these results **"20)** 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 **21)** 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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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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2) Task two:

Replace the highlighted words in the text with some suitable equivalents



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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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Possible answer:

A Finnish study has **displayed/shown/revealed** that having higher body levels of lycopene—a red chemical **appearing/contained** in tomatoes, watermelons, grapefruit, peppers, and papaya — may **cut down/lower** the risk of stroke. The research for the study, which is in the issue of medical journal *Neurology* **come out /published** 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, **revealed/showed/proved** that the men with higher amounts of lycopene in their blood system **suffered from/sustained** fewer strokes than men with lower levels. Eleven strokes **appeared/sustained** 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 **shows/displays/indicates** 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 **outcomes** 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 **result in/stem to** a major reduction in the number of strokes worldwide, according to previous research", the primary author of the study **went on**. He added that inflammation and blood clotting — the cause of ischemic strokes, the most **frequented** 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 **claimed/stated** that, alongside exercise and non-smoking, "diet is **essential/primary** " for reducing the likelihood of stroke. However, these results "should not **discourage/stop** people **from** eating other types of fruit and vegetables as they all have health benefits and **remain** an important part of a **standard/regular** 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 **reports** high concentrations of lycopene in tomato purées, pastes and sauces.



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3)Task three:

Summarise the points of the article in short



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Zdroje:

Wikipedia Public Domain

Tuesday, October 9, 2012

http://en.wikinews.org/wiki/Tomatoes,_watermelons,_peppers_reduce_stroke_risk,_Finnish_study_suggests



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Zdroje:

Tuesday, October 9, 2012