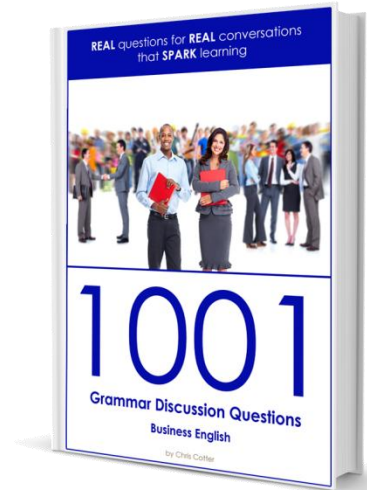
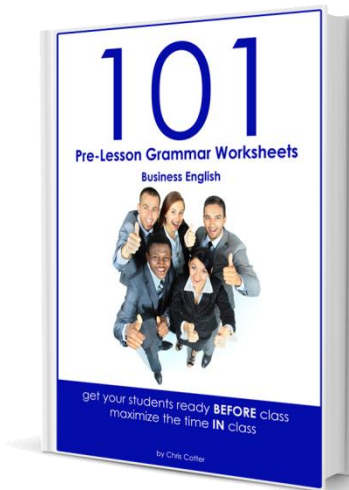


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the ARTICLE (for teachers)

Sunshine Vitamin May Prevent Heart Disease

Vitamin D has been labeled "the sunshine vitamin" because the sun's rays are a primary source. Scientists once believed that vitamin D had little purpose save to strengthen bones or prevent rickets, a disease which deforms bones. But new studies which have added to the existing body of information point to a vastly different conclusion. Vitamin D proves significantly more vital for good health than ever imagined.

A study conducted in Austria with 3,258 men and women, most of whom had heart disease, were more prone to die if they also had low levels of the sunshine vitamin in their blood. Through the course of the study's eight years, in which blood was tested and analyzed weekly, more than half of the 737 people died from heart-related complications. Of this figure, 307 of the deceased had the lowest levels of vitamin D. Conversely, only 103 people died who had the highest levels of the vitamin. The researchers then adjusted this three-to-one figure according to age, physical activity, and other factors, to conclude the following: people with insufficient levels of vitamin D were twice as likely to die.

People shouldn't begin popping pills, nor should they spend hours and hours in the sun. Both are detrimental to good health. However, low levels of vitamin D have now been indisputably linked to high blood pressure, diabetes, and obesity. There is also a connection between levels of vitamin D and some forms of cancer. In fact, some scientists believe that the vitamin could hinder the formation of tumors.

A set of guidelines to ensure an adequate amount of vitamin D has yet to be endorsed. But generally, milk, fatty fish, a multi-vitamin, or ten minutes in the sun each day should lead to good health and prevent heart disease until a recommendation becomes available.

Teacher's Notes:

* Underlined words in red typeface are the recommended vocabulary for this lesson.

WARM-UPS

Select one or all of the following warm-up activities.

1: Define: What does "sunshine" mean? Can you use it in a sentence? Can you give examples?

2: Brainstorm: Brainstorm with a partner(s) words and ideas associated with "sunshine" for 2 minutes. Spend another 5 minutes or less discussing the words and ideas together.

3: Title: Speculate and/or discuss the contents of today's article from its title: "Sunshine Vitamin May Prevent Heart Disease."

4: Do you agree or disagree? Why?

a.	Sunshine is healthy for the human body.
b.	It's important to take a multivitamin every day.
c.	I exercise regularly to stay healthy.
d.	I rarely eat junk food because I'm concerned about my health.
e.	Scientists still have a lot to learn about what makes people healthy.

5: Rank It!: What has the greatest health benefits? Rank the choices in order. Remember to support your decisions!

a.	exercise
b.	a class of wine every day
c.	multivitamins
d.	eight hours of sleep every night
e.	a stress-free life

VOCABULARY

Select one of the following vocabulary acquisition activities.

1: Vocabulary match: Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

a. label	q. essential
b. vast	r. take
c. vital	s. opposite
d. complication	t. unquestionable
e. converse	u. harm
f. insufficient	v. name
g. pop	w. recommend
h. detriment	x. not enough
i. indisputable	y. huge
j. endorse	z. difficulty

2: Fill in the Blanks: Fill in the blank with the correct word.

	insufficient	conversely	detrimental	labeled	complications
	vastly	indisputably	vital	endorsed	popping
a.	Vitamin D has been () "the sunshine vitamin."				
b.	New studies on vitamin D point to a () different conclusion.				
c.	Vitamin D proves significantly more () for good health than ever imagined.				
d.	More than half of the 737 people died from heart-related ().				
e.	(), only 103 people died who had the highest levels of the vitamin.				
f.	People with () levels of vitamin D were twice as likely to die.				
g.	People shouldn't begin () pills.				
h.	This is () to good health.				
i.	Low levels of vitamin D have now been () linked to high blood pressure, diabetes, and obesity.				
j.	A set of guidelines to ensure an adequate amount of vitamin D has yet to be ().				

3: Define: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

a.	label	c.	vital	e.	converse	g.	pop	i.	indisputable
b.	vast	d.	complication	f.	insufficient	h.	detriment	j.	endorse

Sunshine Vitamin May Prevent Heart Disease

Advanced

WORD RECOGNITION

1: Word Search: Find the target words (in bold). Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

insufficient	conversely	detrimental	labeled	complications
vastly	indisputably	vital	endorsed	popping
<p>C E I C I F F U S N I O V P J O R D J V J H K I B Z A N Z M N S T D O L J A E C S D C D Y V T Y N E A A Y V T L O M E L E P Y J E T F B L I M H Z S B R U Q N B I R Y E P M A E R A S V E F F H C I L L N L V O T E L A T N E N I M R E T E D U L P O L H N C Z F E X D J N P Y O O S Q A M G I F N P G E S E P F I T L Y G N A U T Q Z I G P J I J U Y K G J W S A P D D I O L A T I V S Y L K N L N I N D I S P U T A B L E T I I S G R L A B E L L E D Z C A E</p>				

2: Target Word Pool: Find the target words (in bold) with their exact match. Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

insufficient	conversely	detrimental	labeled	complications
vastly	indisputably	vital	endorsed	popping
<p>propriator verily concurrent labeled indisputable converse detergent complications pooping complicated labels insufficiency disposable vitally enforced virtually insufficiently detriment mislabeling popping vastness disputably vital miscomprehension conversely complicate detrimental endorsed mislabeled sufficient vastly conversant insufficient vast complication sufficiency popped endorse detrimentally conversation vividly label vitality vests indisputably disputable determinant endorsement pop endorsing</p>				

Sunshine Vitamin May Prevent Heart Disease

Advanced

pre- or post-COMPREHENSION

1: Word Association: Brainstorm words associated with today's topic for two minutes. Present to the class.

2: Brainstorm Questions: Brainstorm questions that you would like to ask about today's topic. Answer the questions without looking at the article.

3: True or False?: Guess (before the article) or answer (after the article) whether the sentence is true or false. If false, correct the sentence.

a.	Vitamin D is also known as "the sunshine vitamin."	T / F
b.	Vitamin D is important, but not as important for good health as once believed.	T / F
c.	In the study, half of the people who died had low levels of vitamin D.	T / F
d.	People should take pills and spend hours in the sun.	T / F
e.	There isn't a set of guidelines for vitamin D and good health.	T / F

4: Questions: Answer the questions to check comprehension.

a.	What is "the sunshine vitamin?"
b.	What conclusion has changed recently?
c.	Of the people who died during the study, what were their levels of vitamin D?
d.	What other information does the article mention about diseases and vitamin D?
e.	According to the article, what can be done in general to prevent heart disease?

5: Vocabulary: In pairs/groups, remember how the words were used in today's article.

a.	labeled	c.	vital	e.	conversely	g.	popping	i.	indisputably
b.	vastly	d.	complications	f.	insufficient	h.	detrimental	j.	endorsed

6: Fragments: Remember how the fragments were used, and complete the sentence from today's article.

a.	Vitamin D has been labeled "the sunshine vitamin" because...
b.	But new studies which have added to the existing body of information...
c.	Of this figure, 307 of the deceased had...
d.	Conversely, only 103 people died who had...
e.	In fact, some scientists believe that the vitamin could...

Sunshine Vitamin May Prevent Heart Disease

Advanced

post-COMPREHENSION

1: Vocabulary: Circle any additional unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand the meanings. Present to the class.

2: Class Questions: Read through the article once more, and write down any questions that you would like to discuss in pairs/groups or as a class. Discuss.

3: Summarize: Work with a partner to summarize the article in your own words.

4: Discuss: Talk about the following questions in pairs/groups. Remember to support your answers!

a.	Did you like this article?
b.	What was your general impression after reading this article?
c.	How healthy are you? What do you do to stay healthy?
d.	If you had to guess, do you have high or low levels of vitamin D in your blood? Why do you think so?
e.	Do you think vitamin D and some sunshine is enough to prevent heart disease? Why/not?
f.	Do you think that scientists will do more studies on vitamin D and change their conclusions? Why/not?
g.	How important is good health? What guidelines would you set to stay healthy? Please explain.
h.	What other studies have you heard which focus on some aspect of health? Please explain.
i.	Will you make any lifestyle changes based on this article? Why/not?
j.	Have you ever made any lifestyle changes based on an article or TV program? Why/not?

5: Discuss: Identify the effects for the following tips to stay healthy. Discuss ideas with a partner or group, then share your answers with your class.

vitamin C
exercise
hobbies
fruits and vegetables
laughter
fish
eight hours of sleep every night

6: Google Search: Type "sunshine vitamin" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.

STUDENT HANDOUT (the article)

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Vitamin D has been labeled "the sunshine vitamin" because the sun's rays are a primary source. Scientists once believed that vitamin D had little purpose save to strengthen bones or prevent rickets, a disease which deforms bones. But new studies which have added to the existing body of information point to a vastly different conclusion. Vitamin D proves significantly more vital for good health than ever imagined.

A study conducted in Austria with 3,258 men and women, most of whom had heart disease, were more prone to die if they also had low levels of the sunshine vitamin in their blood. Through the course of the study's eight years, in which blood was tested and analyzed weekly, more than half of the 737 people died from heart-related complications. Of this figure, 307 of the deceased had the lowest levels of vitamin D. Conversely, only 103 people died who had the highest levels of the vitamin. The researchers then adjusted this three-to-one figure according to age, physical activity, and other factors, to conclude the following: people with insufficient levels of vitamin D were twice as likely to die.

People shouldn't begin popping pills, nor should they spend hours and hours in the sun. Both are detrimental to good health. However, low levels of vitamin D have now been indisputably linked to high blood pressure, diabetes, and obesity. There is also a connection between levels of vitamin D and some forms of cancer. In fact, some scientists believe that the vitamin could hinder the formation of tumors.

A set of guidelines to ensure an adequate amount of vitamin D has yet to be endorsed. But generally, milk, fatty fish, a multi-vitamin, or ten minutes in the sun each day should lead to good health and prevent heart disease until a recommendation becomes available.

Notes:

STUDENT HANDOUT (fill in the blank)

Fill in the blank with the correct word.

vital	popping	heart	strengthen	insufficient
analyzed	tumors	indisputably	complications	vastly
endorsed	conversely	labeled	detrimental	recommendation

Sunshine Vitamin May Prevent Heart Disease

Vitamin D has been (a. _____) "the sunshine vitamin" because the sun's rays are a primary source. Scientists once believed that vitamin D had little purpose save to (b. _____) bones or prevent rickets, a disease which deforms bones. But new studies which have added to the existing body of information point to a (c. _____) different conclusion. Vitamin D proves significantly more (d. _____) for good health than ever imagined.

A study conducted in Austria with 3,258 men and women, most of whom had (e. _____) disease, were more prone to die if they also had low levels of the sunshine vitamin in their blood. Through the course of the study's eight years, in which blood was tested and (f. _____) weekly, more than half of the 737 people died from heart-related (g. _____). Of this figure, 307 of the deceased had the lowest levels of vitamin D. (h. _____), only 103 people died who had the highest levels of the vitamin. The researchers then adjusted this three-to-one figure according to age, physical activity, and other factors, to conclude the following: people with (i. _____) levels of vitamin D were twice as likely to die.

People shouldn't begin (j. _____) pills, nor should they spend hours and hours in the sun. Both are (k. _____) to good health. However, low levels of vitamin D have now been (l. _____) linked to high blood pressure, diabetes, and obesity. There is also a connection between levels of vitamin D and some forms of cancer. In fact, some scientists believe that the vitamin could hinder the formation of (m. _____).

A set of guidelines to ensure an adequate amount of vitamin D has yet to be (n. _____). But generally, milk, fatty fish, a multi-vitamin, or ten minutes in the sun each day should lead to good health and prevent heart disease until a (o. _____) becomes available.

STUDENT HANDOUT (extended listening)

Listen and fill in the missing sentences. Compare your answers with a partner, and then listen once more.

Sunshine Vitamin May Prevent Heart Disease

a) _____ . Scientists once believed that vitamin D had little purpose save to strengthen bones or prevent rickets, a disease which deforms bones. But new studies which have added to the existing body of information point to a vastly different conclusion.

b) _____ .

A study conducted in Austria with 3,258 men and women, most of whom had heart disease, were more prone to die if they also had low levels of the sunshine vitamin in their blood. Through the course of the study's eight years, in which blood was tested and analyzed weekly, more than half of the 737 people died from heart-related complications. Of this figure, 307 of the deceased had the lowest levels of vitamin D. Conversely, only 103 people died who had the highest levels of the vitamin. The researchers then adjusted this three-to-one figure according to age, physical activity, and other factors, to conclude the following: c) _____

_____ .

People shouldn't begin popping pills, nor should they spend hours and hours in the sun. Both are detrimental to good health. However, low levels of vitamin D have now been indisputably linked to high blood pressure, diabetes, and obesity. d) _____ . In fact, some scientists believe that the vitamin could hinder the formation of tumors.

e) _____ . But generally, milk, fatty fish, a multi-vitamin, or ten minutes in the sun each day should lead to good health and prevent heart disease until a recommendation becomes available.

STUDENT HANDOUT (notes)

ANSWER KEY

Vocabulary

1. Vocabulary Match:

a.	v	f.	x
b.	y	g.	r
c.	q	h.	u
d.	z	i.	t
e.	s	j.	w

2. Fill in the Blanks:

a.	labeled	f.	insufficient
b.	vastly	g.	popping
c.	vital	h.	detrimental
d.	complications	i.	indisputably
e.	conversely	j.	endorsed

pre- or post-Comprehension

1. True or False:

a.	T
b.	F
c.	F
d.	F
e.	T

2. Fragments:

a.	the sun's rays are a primary source.
b.	point to a vastly different conclusion.
c.	the lowest levels of vitamin D.
d.	the highest levels of the vitamin.
e.	hinder the formation of tumors.

Student Handout

1. Fill in the Blanks

a.	labeled	i.	insufficient
b.	strengthen	j.	popping
c.	vastly	k.	detrimental
d.	vital	l.	indisputably
e.	heart	m.	tumors
f.	analyzed	n.	endorsed
g.	complications	o.	recommendation
h.	Conversely		

2. Extended Listening

a.	Vitamin D has been labeled "the sunshine vitamin" because the sun's rays are a primary source
b.	Vitamin D proves significantly more vital for good health than ever imagined
c.	people with insufficient levels of vitamin D were twice as likely to die
d.	There is also a connection between levels of vitamin D and some forms of cancer
e.	A set of guidelines to ensure an adequate amount of vitamin D has yet to be endorsed