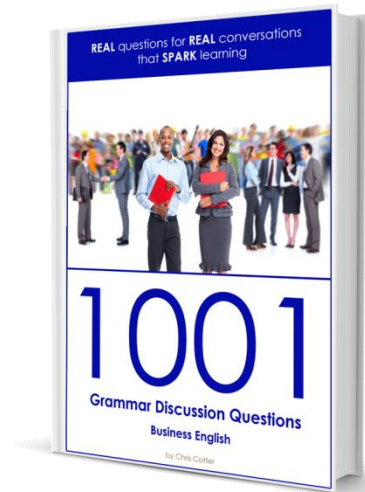
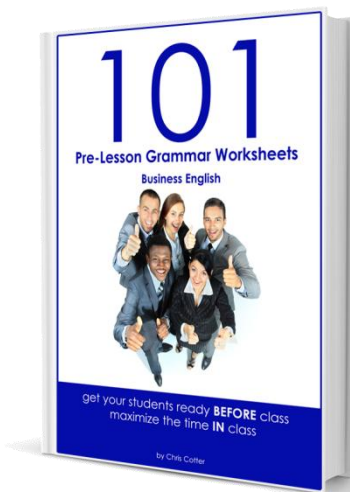
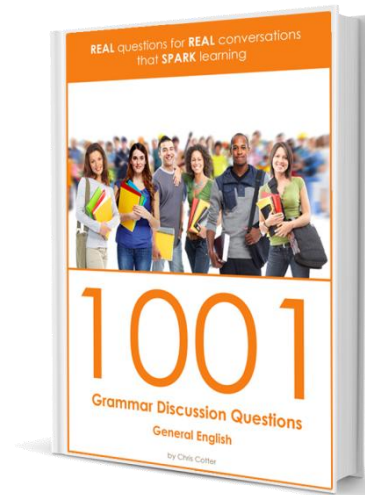
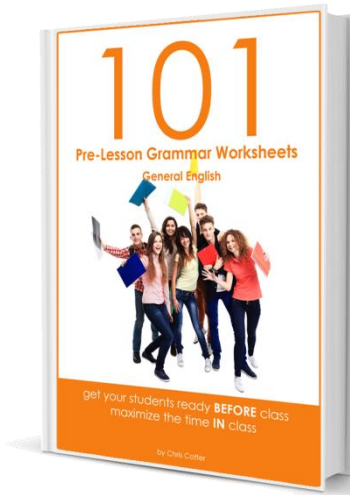
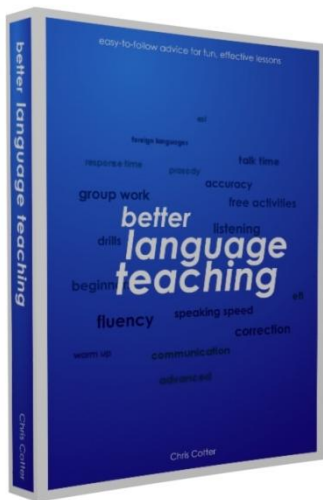


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Sunshine Vitamin May Prevent Heart Disease

Advanced - Listening

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 answers.

Sunshine Vitamin May Prevent Heart Disease

Advanced - Listening

the Article (for students)

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.

Notes:

Sunshine Vitamin May Prevent Heart Disease

Advanced - Listening

STEP ONE

Discuss: 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. |

STEP TWO

Questions: Read as much of the article as you can in two minutes. Guess the answers to the questions below, then listen to your teacher read the article. Try to confirm your answers.

- | | |
|----|---|
| 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? |

STEP THREE

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

STEP FOUR

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

STEP FIVE

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

- | | |
|----|---|
| a. | Do you think that scientists will do more studies on vitamin D and change their conclusions? Why/not? |
| b. | How important is good health? What guidelines would you set to stay healthy? Please explain. |
| c. | Will you make any lifestyle changes based on this article? Why/not? |
| d. | Have you ever made any lifestyle changes based on an article or TV program? Why/not? |