

NEWS ENGLISH LESSONS.com

Coffee And Cola Can Lead To Strokes

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

<http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

IN THIS LESSON:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Multiple Choice	5
Spelling	6
Put the Text Back Together	7
Scrambled Sentences	8
Discussion	9
Writing	10
Homework	11

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

7th May, 2011

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Scientists have discovered various activities that increase the risk of a type of stroke. These include vigorous exercise, drinking coffee and cola, blowing your nose, and even being startled. Researchers at Holland's University Medical Center in Utrecht looked at 250 patients for three years to identify what starts bleeding in the brain that leads to a stroke. A sudden increase in blood pressure can cause blood vessels to burst, which can result in brain damage or death.

The researchers said drinking coffee was the most common risk factor. The lead researcher, Dr Monique Vlak, said: "All of the triggers [create] a sudden and short increase in blood pressure, which seems a possible cause for [blood vessel] rupture." The study is a reminder to us all to think more about high blood pressure. Doctors call it the "silent killer" because it can kill us before we know we have it. It is essential to have regular health checks to monitor your blood pressure.

PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Match the following phrases from the article.

Paragraph 1

- | | |
|----------------------------------|-----------------------|
| 1. Scientists have discovered | a. nose |
| 2. increase the risk of a | b. blood pressure |
| 3. blowing your | c. type of stroke |
| 4. identify what starts bleeding | d. various activities |
| 5. A sudden increase in | e. damage or death |
| 6. result in brain | f. in the brain |

Paragraph 2

- | | |
|----------------------------|------------------------|
| 1. the most common | a. increase |
| 2. a sudden and short | b. health checks |
| 3. The study is a reminder | c. the "silent killer" |
| 4. Doctors call it | d. blood pressure |
| 5. have regular | e. risk factor |
| 6. monitor your | f. to us all |

LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Scientists have discovered _____ increase the risk of a type of stroke. These include _____, drinking coffee and cola, _____, and even being startled. Researchers at Holland's University Medical Center in Utrecht looked at 250 patients for three _____ starts bleeding in the brain that _____. A sudden increase in blood pressure can cause blood vessels to burst, which _____ damage or death.

The researchers said drinking coffee was _____ risk factor. The lead researcher, Dr Monique Vlak, said: "_____ [create] a sudden _____ in blood pressure, which seems a possible cause for [blood vessel] rupture." The _____ to us all to think more about high blood pressure. Doctors call it the "silent killer" because _____ we know we have it. It is essential to have _____ to monitor your blood pressure.

MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Scientists have discovered (1) _____ activities that increase the risk of a (2) _____ of stroke. These include vigorous exercise, drinking coffee and cola, blowing your nose, and even (3) _____ startled. Researchers at Holland's University Medical Center in Utrecht looked at 250 patients for three years to (4) _____ what starts bleeding in the brain that leads (5) _____ a stroke. A sudden increase in blood pressure can cause blood vessels to burst, which can result (6) _____ brain damage or death.

The researchers said drinking coffee was the (7) _____ common risk factor. The lead researcher, Dr Monique Vlak, said: "All of the triggers [create] a (8) _____ and short increase in blood pressure, which (9) _____ a possible cause for [blood vessel] rupture." The study is a reminder to (10) _____ all to think more about high blood pressure. Doctors call it the "silent killer" because it can kill us before we know we (11) _____ it. It is essential to have (12) _____ health checks to monitor your blood pressure.

Put the correct words from this table into the article.

- | | | | |
|-----|---------------|--------------------|----------------|
| 1. | (a) variety | (b) various | (c) varies |
| 2. | (a) typed | (b) typing | (c) type |
| 3. | (a) being | (b) is | (c) was |
| 4. | (a) identify | (b) identification | (c) identified |
| 5. | (a) at | (b) to | (c) by |
| 6. | (a) on | (b) at | (c) in |
| 7. | (a) most | (b) much | (c) many |
| 8. | (a) suddenly | (b) sudden | (c) sadden |
| 9. | (a) seemed | (b) seemingly | (c) seems |
| 10. | (a) we | (b) us | (c) they |
| 11. | (a) have | (b) stroke | (c) kill |
| 12. | (a) regularly | (b) regulars | (c) regular |

SPELLING

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. discovered oirvuas activities
2. vigorous ierxesec
3. nglobwi your nose
4. gelibedn in the brain
5. A sudden increase in blood pseeusrr
6. brain dmaega

Paragraph 2

7. the most momcno risk
8. a esplosb cause
9. blood eslevs
10. a emindrre to us all
11. the "sieInt killer"
12. urrealg health checks

PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Number these lines in the correct order.

- () to a stroke. A sudden increase in blood pressure can cause blood
- () being startled. Researchers at Holland's University Medical Center in Utrecht looked at 250
- () stroke. These include vigorous exercise, drinking coffee and cola, blowing your nose, and even
- () health checks to monitor your blood pressure.
- () killer" because it can kill us before we know we have it. It is essential to have regular
- () factor. The lead researcher, Dr Monique Vlak, said: "All of the triggers [create] a sudden and short increase
- () in blood pressure, which seems a possible cause for [blood vessel] rupture." The study is a
- () patients for three years to identify what starts bleeding in the brain that leads
- () The researchers said drinking coffee was the most common risk
- () reminder to us all to think more about high blood pressure. Doctors call it the "silent
- () vessels to burst, which can result in brain damage or death.
- (**1**) Scientists have discovered various activities that increase the risk of a type of

WORD JUMBLE

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

With a partner, put the words back into the correct order.

1. activities various discovered have Scientists.

2. the of risk stroke of a Increase type.

3. Identify brain the in bleeding starts what.

4. sudden in pressure A increase blood.

5. brain or in damage death Result.

6. factor the most Drinking common coffee risk was.

7. cause possible A rupture vessel blood for.

8. all A to reminder think to more us.

9. we know we have it It can kill us before.

10. checks Health pressure blood your monitor to.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Copyright © www.NewsEnglishLessons.com

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

WRITING

From: <http://www.NewsEnglishLessons.com/1105/110507-strokes.html>

Write about strokes for 10 minutes. Show your partner your paper. Correct each other's work.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. STROKES: Search the Internet and find more information about strokes and blood pressure. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about strokes and blood pressure. Include imaginary interviews with people who have high blood pressure. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

5. LETTER: Write a letter to a stroke expert. Ask him/her three questions about strokes. Give him/her three of your opinions on what to do to avoid high blood pressure. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.