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Vitamin pills may not be good for you

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

http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

10th October, 2011

THE READING / TAPESCRIPT

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

A new report says vitamin pills probably don't help us to live longer. Scientists from the University of Minnesota in America say taking vitamin pills does not prevent serious illnesses. The research team goes on to say that pills actually increase the death rate in older women. This could be bad news for the multivitamin industry in the USA. Americans spend up to \$20 billion a year to supplement their diet. About half of U.S. adults take dietary supplements.

The research team's survey asked about the use of vitamins A, B, C, D and E as well as minerals such as calcium and magnesium. Dr Jaakko Mursu said: "There is very little evidence showing that common dietary supplements would be beneficial in [stopping] major...diseases." He added that if you eat healthily, you don't need vitamin pills, saying: "Include as many vegetables and as much fruit as you can...they contain a whole lot of vitamins and minerals."

PHRASE MATCH

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

Match the following phrases from the article.

Paragraph 1

- | | |
|--------------------------------------|------------------------|
| 1. vitamin pills probably don't help | a. serious illnesses |
| 2. prevent | b. \$20 billion a year |
| 3. increase the death rate | c. us to live longer |
| 4. bad news for the multivitamin | d. supplements |
| 5. Americans spend up to | e. industry |
| 6. dietary | f. in older women |

Paragraph 2

- | | |
|---------------------------|---------------------|
| 1. the use of vitamins | a. healthily |
| 2. very little | b. A, B, C, D and E |
| 3. beneficial in stopping | c. minerals |
| 4. eat | d. as you can |
| 5. as much fruit | e. major diseases |
| 6. vitamins and | f. evidence |

LISTENING GAP FILL

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

A new report says vitamin pills _____ us to live longer. Scientists from the University of Minnesota in America say taking vitamin pills does not _____. The research team _____ that pills actually increase the death rate in older women. This could be bad news for the _____ in the USA. Americans spend up to _____ to supplement their diet. About half of U.S. adults take _____.

The research team's survey asked about _____ A, B, C, D and E as well as minerals such as calcium and magnesium. Dr Jaakko Mursu said: "There is _____ showing that common dietary supplements _____ in [stopping] major...diseases." He added that _____, you don't need vitamin pills, saying: "_____ vegetables and as much fruit as you can...they _____ of vitamins and minerals."

MULTIPLE CHOICE

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

A new report says vitamin pills (1) ____ don't help us to live longer. Scientists from the University of Minnesota in America (2) ____ taking vitamin pills does not prevent (3) ____ illnesses. The research team goes on to say that pills (4) ____ increase the death rate in older women. This could be (5) ____ news for the multivitamin industry in the USA. Americans spend up to \$20 billion a year to supplement (6) ____ diet. About half of U.S. adults take dietary supplements.

The research team's survey (7) ____ about the use of vitamins A, B, C, D and E as (8) ____ as minerals such as calcium and magnesium. Dr Jaakko Mursu said: "There is very (9) ____ evidence showing that common dietary supplements would be beneficial in [(10) ____] major...diseases." He added that if you eat healthily, you don't need vitamin pills, (11) ____: "Include as many vegetables and as much fruit as you can...they contain a (12) ____ lot of vitamins and minerals."

Put the correct words from this table into the article.

- | | | | |
|-----|--------------|-----------------|--------------|
| 1. | (a) probable | (b) probability | (c) probably |
| 2. | (a) talk | (b) say | (c) speak |
| 3. | (a) series | (b) serious | (c) serial |
| 4. | (a) actual | (b) actuality | (c) actually |
| 5. | (a) bad | (b) good | (c) well |
| 6. | (a) they're | (b) there | (c) their |
| 7. | (a) asked | (b) questioned | (c) popped |
| 8. | (a) good | (b) well | (c) tasty |
| 9. | (a) little | (b) tiny | (c) small |
| 10. | (a) stopping | (b) stops | (c) stopped |
| 11. | (a) speaking | (b) talking | (c) saying |
| 12. | (a) hole | (b) whole | (c) holy |

SPELLING

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. A new trepro
2. help us to live gonelr
3. akingt vitamin pills
4. ernvpet serious illnesses
5. snirceae the death rate
6. adults take edityar supplements

Paragraph 2

7. The research team's yesvru
8. manrslei such as calcium
9. very little eveinced
10. rjaom diseases
11. eat yhitlehla
12. onancit a whole lot of vitamins

PUT THE TEXT BACK TOGETHER

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

Number these lines in the correct order.

- () evidence showing that common dietary supplements would be beneficial in
- () rate in older women. This could be bad news for the multivitamin
- () The research team's survey asked about the use of vitamins A, B, C, D
- (**1**) A new report says vitamin pills probably don't help us to live longer. Scientists from
- () industry in the USA. Americans spend up to \$20 billion a year to supplement
- () need vitamin pills, saying: "Include as many vegetables and as much
- () fruit as you can...they contain a whole lot of vitamins and minerals."
- () and E as well as minerals such as calcium and magnesium. Dr Jaakko Mursu said: "There is very little
- () [stopping] major...diseases." He added that if you eat healthily, you don't
- () illnesses. The research team goes on to say that pills actually increase the death
- () their diet. About half of U.S. adults take dietary supplements.
- () the University of Minnesota in America say taking vitamin pills does not prevent serious

WORD JUMBLE

From: http://www.NewsEnglishLessons.com/1110/111010-vitamin_pills.html

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

1. to probably us longer pills help live Vitamin don't.

2. not Taking prevent vitamin serious pills illnesses does.

3. Bad for multivitamin news the industry.

4. a Americans to billion up \$20 year spend.

5. . adults take dietary supplements Half of U.S.

6. calcium as such minerals as well As.

7. There evidence little very is.

8. dietary would beneficial Common supplements be.

9. eat need If healthily pills, you vitamin you don't.

10. lot whole a contain They vitamins of.

DISCUSSION (Write your own questions)

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

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

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DISCUSSION (Write your own questions)

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

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

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. VITAMIN PILLS: Search the Internet and find more information about vitamin pills. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about vitamin pills. Include imaginary interviews with doctors who are for and against vitamin pills. 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 vitamin pill expert. Ask him/her three questions about vitamin pills. Give him/her three of your opinions on them. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.