

4 Healthy body, healthy mind



Speaking

- 1 What do you think 'a balanced diet' is? In your country, what are the main foods people eat in these groups: carbohydrate, fat, protein, fruit and vegetable?
- 2 Vice or virtue? Make two lists, one your 'good' or healthy habits and the other for things you do which are 'bad' or unhealthy.

Reading 1

Using headings to identify purpose and organization

1 Skim read these headings for a passage about chocolate quickly and answer question 1.

List of headings

- 0 Chocolate could boost concentration
- 1 Chocolate makes us feel better
- 2 Chocolate is good for stress
- 3 Chocolate does not give you spots
- 4 Chocolate makes you live longer
- 5 Chocolate is nutritious
- 6 Chocolate boosts the appetite
- 7 Chocolate helps us digest milk
- 8 Chocolate can make you more alert

TIP

Table completion and short answer questions often require you to scan read the passage for factual information.

- 1 The purpose of the article is to
 - A present a problem and a solution
 - B present one side of an argument
 - C describe cause and effect
 - D describe both sides of an argument

2 Read the passage quickly and match the headings (1-8) with the paragraphs in the passage (A-I).

Why eating chocolate is good for you

It's many people's favourite vice, but if the latest evidence is to be believed, the last thing you should feel when you secretly tuck into a hunk of chocolate is guilty. Scientists have revealed that eating chocolate, in reasonable amounts, makes you feel emotionally better and so improves the smooth running of your body's endorphins. It even protects against heart disease.

A Researchers at Harvard University in the U.S. studied 8,000 men and found that those who ate modest amounts of chocolate up to three times a month lived almost a year longer than those who didn't eat any. They concluded that this is likely to be due to the fact that cocoa contains anti-oxidants called polyphenols, also found in red wine, which prevent the oxidation of harmful cholesterol. Anti-oxidants are also known to protect against cancer.

B This is thought to be because it contains valeric acid, which is a relaxant and tranquilliser. Also, the sugar in chocolate may reduce stress – sugar has been shown to have a calming and pain-relieving effect on babies and animals because sweet tastes activate the opiate-like substances in our brain.

C There are a number of scientific reasons for this. The smell of chocolate has been found to slow down brain waves, making us feel calm. Most of the time our brains are dominated by beta waves, the normal waking frequency. When our brain activity slows to alpha waves, we experience a pleasant feeling of calm but alert relaxation. Also, because most of us find eating chocolate so pleasurable, we release endorphins in the brain. These have similar pharmacological actions to morphine, acting as pain-relievers and giving us a sense of well-being.

D Although many teenagers blame chocolate for their acne, there's no scientific data to confirm this link. Scientists at Missouri University even gave spot-prone subjects chocolate to eat and observed their skin for the next week, with no effect.