

# THE READING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

We are living longer, so more people have dementia. Fruit and vegetables can cut dementia by over 30%. Flavonoids in food give our brain oxygen. Flavonoids give food like blueberries, oranges, peppers and strawberries their colour. A researcher said colourful food with flavonoids is good for long-term brain health.

Researchers studied 77,000 people for 20 years. People who ate more flavonoids were 38 per cent less likely to get dementia. Older people could feel four years younger. A researcher said flavonoids can really help our thinking skills as we get older. He said: "Adding colour to your plate may lower the risk of cognitive decline."

Sources: <https://www.medicalnewstoday.com/articles/colorful-fruit-and-veg-may-reduce-risk-of-cognitive-decline#Subjective-cognitive-decline>  
<https://edition.cnn.com/2021/07/28/health/flavonoid-cognitive-decline-study-wellness/index.html>  
<https://www.mirror.co.uk/news/uk-news/healthy-diet-could-cut-risk-24638889>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

## PARAGRAPH ONE:

- |                     |                      |
|---------------------|----------------------|
| 1. We are living    | a. food              |
| 2. more people have | b. with flavonoids   |
| 3. vegetables can   | c. blueberries       |
| 4. Flavonoids in    | d. term brain health |
| 5. give our brain   | e. dementia          |
| 6. food like        | f. oxygen            |
| 7. colourful food   | g. longer            |
| 8. good for long-   | h. cut dementia      |

## PARAGRAPH TWO:

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. Researchers studied 77,000 people | a. thinking skills        |
| 2. People who ate                    | b. to your plate          |
| 3. 38 per cent less                  | c. more flavonoids        |
| 4. people could feel four            | d. of cognitive decline   |
| 5. flavonoids can really help our    | e. years younger          |
| 6. as we                             | f. for 20 years           |
| 7. Adding colour                     | g. get older              |
| 8. lower the risk                    | h. likely to get dementia |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

We (1) \_\_\_\_\_, so more people have dementia.

Fruit and vegetables (2) \_\_\_\_\_ by over 30%.

Flavonoids (3) \_\_\_\_\_ our brain oxygen.

Flavonoids (4) \_\_\_\_\_ blueberries, oranges,

peppers and (5) \_\_\_\_\_. A researcher said

colourful food with flavonoids is good (6) \_\_\_\_\_

brain health.

Researchers studied 77,000 (7) \_\_\_\_\_ years.

People (8) \_\_\_\_\_ flavonoids were 38 per cent

less likely to get dementia. Older people

(9) \_\_\_\_\_ years younger. A researcher said

flavonoids (10) \_\_\_\_\_ our thinking skills as

(11) \_\_\_\_\_. He said: "Adding colour to your plate

may lower (12) \_\_\_\_\_ cognitive decline."

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

*Flavonoids can cut the risk of dementia by a third – 31st July, 2021*  
More free lessons at [breakingnewsenglish.com](https://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_