

Coffee Drinkers Live a Longer Life

VOCABULARY WORDS

1. premature /ˌpriː.məˈtʃər/ (adjective) happening or done too soon, especially before the natural or suitable time
Example: A spokesman said it was premature to comment on the negotiations.
2. dozen /ˈdʌz.ən/ (noun) a large but not exact number
Example: She coordinates the work of dozens of employees.
3. highlighted /ˈhaɪ.laɪt/ (verb) to attract attention to or emphasize something important
Example: The report highlights the need for improved safety.
4. precisely /prəˈsaɪs.li/ (adverb) exactly
Example: The fireworks begin at eight o'clock precisely.
5. point out /pɔɪnt aʊt/ (phrasal verb) to tell someone about some information, often because you believe they do not know it or have forgotten it
Example: He was planning to book a rock-climbing holiday, till I pointed out that Denis is afraid of heights.



There is good news for coffee lovers. A new report claims that regular coffee drinkers may live longer than those who do not drink coffee. Researchers say there is growing evidence that coffee benefits the health, makes you live longer, and reduces the risk of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide.

The study was published by the American Heart Association. It looked at the coffee-drinking habits of over 200,000 people who drank between one and five cups of coffee a day. Researcher Dr Frank Hu said: "This study provides further evidence that moderate consumption of coffee may confer health benefits in terms of reducing **premature** death due to several diseases."

Scientists have been working hard to analyze exactly what is in coffee that provides so many health benefits. **Dozens** of reports in the past few decades have **highlighted** the positive effects it can have on the body. Dr Hu said it was still unclear **precisely** how elements within the coffee bean interact with the body.

He said: "Coffee is a complex beverage. It's very difficult to pinpoint which component of coffee is responsible for which benefit." Researchers did not include highly caffeinated drinks in the study. They also **pointed out** that while coffee seems to have health benefits, added ingredients, such as cream, sugar and certain types of sweeteners, do not.

DISCUSSION

1. Why is coffee so important around the world?
2. What do you think of drinking five cups of coffee a day?
3. Should the government encourage people to drink coffee?
4. What do you think of coffee shops and cafes?
5. How important is coffee in your life?