

Flavonoids can cut the risk of dementia by a third

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LISTENING & READING

We are living longer, so there are more people with mental illnesses like dementia. Researchers found that food can cut **the chances of getting dementia**. In particular, food with flavonoids could reduce the chances of getting dementia **by a third**. Flavonoids give fruit and vegetables their bright colors. They increase the amount of oxygen going to the brain. Produce such as **blueberries, oranges, peppers and strawberries** contain flavonoids. Dr. Walter Willett from Harvard University said: "A colorful **diet rich in flavonoids** seems to be a good bet for promoting long-term brain health."

Dr. Willett studied the eating habits and mental health of 77,000 middle-aged people for 20 years. He found that **people who ate more flavonoids** **were less likely to** show signs of cognitive decline. He said people who ate more flavonoid-rich food were 38 per cent less likely to get dementia. This means older people could feel up to four years younger. Dr. Willett said: "Flavonoids are powerhouses **when it comes to preventing your thinking skills from declining as you get older**. Adding color to your plate may lower the risk of cognitive decline."

SYNONYM MATCH

- | | |
|--------------|-------------------|
| 1. dementia | a. developing |
| 2. reduce | b. cut |
| 3. amount | c. mental illness |
| 4. promoting | d. chances |
| 5. found | e. quantity |
| 6. risk | f. discovered |

TRUE / FALSE

Read the headline. Guess if a-h below are true or false.

1. The article says people around the world are dying younger. T / F
2. Flavonoids give color to fruit and vegetables. T / F
3. Flavonoids help the brain to get oxygen. T / F
4. Researchers looked at the eating habits of over 100,000 people. T / F
5. A colorful plate of food could cut the chances of cognitive decline. T / F

COMPREHENSION QUESTIONS

1. What do flavonoids give to fruit and vegetables?
2. What do flavonoids increase the amount of in the brain?
3. What food was mentioned besides blueberries, oranges and strawberries?
4. What can a colorful diet rich in flavonoids promote?
5. How many people did researchers look at in the study?
6. By how much might flavonoid-rich food cut the risk of mental decline?

DISCUSSIONS

1. What do you think about the article?
2. Are you worried about cognitive decline?
3. How long would you like to live?

CREATING QUESTIONS

例文 1. フラボノイドの事を知っていましたか？

例文 2. どんな果物が好きですか？

自分で例文以外の質問を作ってスカイプの先生に聞いてみましょう。