

Tuesday English News Report

Why we should all go nuts over nuts

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Nuts are a source of useful **nutrients** and have other health benefits - just this month, a study found that peanuts can increase the levels of friendly bacteria in the **gut** and **ward off** food poisoning. Here, we look at some of other the plus points...

Brazils One of the best dietary sources of the mineral selenium. Two Brazil nuts provide 100 per cent of our daily required dose of 75 micrograms.

Selenium is needed for the production of antibodies, important for a healthy immune system, and the hormone thyroxine, needed to regulate metabolism. Researchers have also found it activates an antioxidant that helps reduce the risk of bladder and prostate cancer.

Almonds You need to eat just ten almonds to get your daily requirement of calcium (700mg)

You need to eat just ten almonds to get your daily requirement of calcium (700mg), important for healthy bones.

They are also rich in vitamin E, which helps improve the condition and **appearance** of your skin. Almonds are high in fibre, too. Eat them with the skin on as this contains antioxidants that help protect body cells from inflammatory damage.

Cashews A good source of iron. A 30 g **serving** provides around 2 mg: a woman needs 14.8 mg a day and a man 8.7 mg.

However, iron from cashews is not as easily **absorbed** as iron from meat, says **dietitian** Dr Sarah Schenker.

'Vitamin C boosts absorption of iron from non-meat sources, so eat cashews with a kiwi fruit, in a salad with peppers and tomatoes or with a small glass of orange juice.'

Walnuts These are rich in plant-based omega 3 fatty acids and antioxidants, which have been shown to reduce the risk of the eye condition age-related macular degeneration, and cognitive decline.

In a two-year study, researchers at the University of Barcelona are looking at the effects of eating 28 g of walnuts (seven shelled nuts) every day in **preventing** these conditions.

Walnuts have also been shown to help protect against heart disease.

Mixed nuts A handful (28g) of mixed nuts a day reduces the risk of heart disease by 29 per cent and cuts the risk of dying from cancer by 11 per cent, according to a 2013 study in the New England Journal of Medicine.

A 30-year study of 120,000 people also showed the more often they ate nuts, the lower the risk of **premature** death, thanks to the various health benefits.



Mixed nuts

1. What do you think?

2. Vocabulary

Fill in the blanks in the sentences below using words from the box.

go nuts	ward off	absorb	premature
nutrients	appearance	dietician	
gut	serving	preventing	

1. _____ is another name for stomach.
2. This means that it happens earlier than it should. He suffered from _____ hair loss and was bald by the age of 28.
3. From her _____ you could see that she hadn't slept. Her eyes were baggy and she looked really tired.
4. Having a healthy diet is important for _____ diseases such as cancer and diabetes.
5. A _____ is an expert in food and nutrition.
6. _____ are the good things that you get from food.
7. They put towels on the floor to _____ all the water that had come through the roof.
8. He ate a big _____ of fried rice and enjoyed it very much.
9. To _____ means to go crazy.
10. To _____ is another way of saying to prevent or stop.

BREAKING NEWS!

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THE ENGLISH CAFÉ IS OPEN!

☺ **FREE COFFEE / HOT CHOCOLATE WITH MR. LANE!**

When: Every Tuesday lunchtime from 12-12:50

Where: The English Corner (Room B001B by the basketball court)

Have a free drink with Mr. Lane, check the answers to the Tuesday News report and talk about life in general!