

## Reading an article and discussion

7:30 - 8:10 : What's new? Talk anything.

8:10 - 9:00 : Today's topic.

### Today's topic

#### Dietary supplements could be bad for you

[01] Millions of people around the world take dietary supplements in the belief that they will boost their health.

[02] New research casts doubt on the benefits of these pills and tablets.

[03] A new report from the American organisation Consumer Reports (CR) found serious health risks from supplements that included vitamins, probiotics, and weight loss pills.

[04] CR said the biggest problem with supplements is that they are largely unregulated.

[05] While medicinal drugs have to be tested for safety and effectiveness, dietary supplements need far less government approval in many countries.

[06] This means that consumers are largely in the dark regarding the ingredients of the supplements and how the body will react to them.

[07] Lisa Gill, an editor at CR, said the report showed how dangerous many supplements were.

[08] She said they could cause liver failure, kidney failure requiring kidney transplants, seizures, and heart problems.

[09] Gill added: "Just because it's not prescription, you say, 'oh, it's safe,' but that's not necessarily true."

[10] Gill urges consumers to avoid 15 ingredients commonly found in supplements, including red yeast and caffeine powder.

[11] She warned: "There have been deaths associated with each of these." She told people to seek medical help before taking supplements.

[12] She said: "Tell your doctor and your pharmacist what you're taking. Treat it like a medication.

[13] It's that important. It's really about your health."

From Breaking News English

<http://www.breakingnewsenglish.com/1608/160801-dietary-supplements.html>

Before we go to the task, we will listen to the narration. We will share the sound.

<http://www.breakingnewsenglish.com/1608/160801-dietary-supplements-l.html>

Task 1 Read one sentence in turn. If you have any questions about it, ask it to others.

Task 2 TRUE / FALSE: Guess if a-h below are true (T) or false (F). And show others which line the evidence can be found in.

- a) The article says people take dietary supplements to boost their height. T / F
- b) Research casts doubt on whether or not supplements are good for us. T / F
- c) The biggest problem with supplements is the lack of regulation. T / F

- d) The article said it's best to take supplements in the dark. T / F
- e) An editor said a report shows that supplements can cause kidney failure. T / F
- f) Things that don't need a prescription are not harmful to us. T / F
- g) The report lists 50 ingredients for us to avoid. T / F
- h) The editor said we treat supplements the same as medication. T / F

Task 3 Show others your opinion about the below themes and discuss them.

- 1 Do you take supplements? If so, what kind supplements do you take, and why? If not, why not?
- 2 What springs to mind when you hear the word 'supplement'?
- 3 What are the dangers of supplements? If you have any information, please tell it to others.
- 4 Why don't people eat more healthily instead of taking supplements?
- 5 Why aren't supplements more regulated?
- 6 Have you changed your mind after you read the article above?
- 7 How much do you trust medicines?
- 8 Would you ask a doctor before taking supplements?