

UNIT 8 ANTIOXIDANTS



Target
Vocabulary

Noun:	activity, treatment, thought, prevention, substance, deficiency, supplement, variety, proponent, pill
Adjective:	effective, depressing, ill
Adverb:	probably, actually
Verb:	extend, suffer, neutralize, obtain, rely, recommend, contribute, age
Phrasal Verb:	make up for, cut down on, pass put, dress up, make up with

As you process food for energy, your body produces **substances** called free radicals. Free radicals are believed to contribute to **aging** and certain diseases. To **neutralize** free radicals, your body uses antioxidants — certain vitamins, minerals and enzymes — that come from the food you eat. **Proponents** believe that antioxidants can prevent chronic diseases, such as heart disease and diabetes. The best way to give your body the antioxidants it needs is to eat a **variety** of fruits and vegetables. If you can't **obtain** all the **nutrients** you need from food, your doctor may **recommend** using **supplements to make up for** any **deficiencies**. Also, if you have certain medical conditions, such as muscular degeneration, your doctor may recommend that you supplement your diet with antioxidants. There's no proof that antioxidants in **pill** form can improve your general health or **extend** your life. In fact, they can have the opposite effect. For instance, smokers who take beta carotene supplements might **actually** increase their risk of lung cancer. If you're interested in increasing the amount of antioxidants in your diet, talk to your doctor before you start taking supplements. And remember, there's nothing harmful about adding a few servings of antioxidant-rich fruits and vegetables to your diet.

I. Read the passage carefully and circle the choice which is the closest in meaning to the word given.

1. "aging" in line 2 means

- A. getting old
- B. getting tired
- C. getting healthy

3. "obtain" in line 7 means

- A. use
- B. get
- C. give

2. "proponents" in line 4 means

- A. citizens
- B. inhabitants
- C. supporters

4. "deficiencies" in line 8 means

- A. diseases
- B. mistakes
- C. insufficiencies

Together with smoking and drinking, (1) ___ is today one of the major (2) ___ to ill health. We all know that the best and **probably** the most (3) ___ **treatment** for many of our health problems will not come from a doctor, but from ourselves. (4) ___ is better than **cure**, it is said, but how many of us give enough **thought** to (5) ___ to make an effort to take, let us say, just half an hour of (6) ___ physical exercise everyday? And just think how (7) ___ you have been in trying **to cut down** on food, drink or cigarettes! Many of us who **suffer** from (8) ___ **rely** on the doctor or **pills** and tablets, but how often do we look at our way of life and (9) ___ whether perhaps a change of employment or even a change of (10) ___ might do us good?

II. Read the passage and circle the best choice.

- | | |
|--|---|
| 1. A. activity
B. action
C. inactivity | 6. A. hardly
B. hard
C. harden |
| 2. A. contributors
B. contributory
C. contribute | 7. A. success
B. successful
C. successfully |
| 3. A. affect
B. effective
C. effect | 8. A. depressed
B. depression
C. depressive |
| 4. A. Prevent
B. Prevention
C. Preventive | 9. A. considerable
B. considerate
C. consider |
| 5. A. survival
B. survivor
C. survive | 10. A. environment
B. environmental
C. environmentalist |

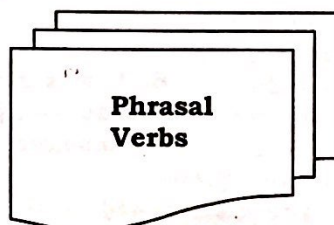
III. Match the following words with the definitions.

- | | |
|--------------------------|---|
| 1. ___ treatment | a. something that you add to something else to improve it or make it complete |
| 2. ___ substance | b. to prevent something from having any effect |
| 3. ___ supplement | c. something that is done to cure someone who is injured or ill |
| 4. ___ neutralize | d. a small solid piece of medicine that you swallow whole |
| 5. ___ pill | e. a particular type of solid, liquid, or gas |

IV. Fill in the blanks with an appropriate word from the list below making changes if necessary.

thought	actually	suffer	variety	extend
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1. Writing a good essay requires a lot of _____ and effort.
2. Two hundred million people worldwide _____ from parasitic diseases.
3. I'll have to ask the bank to _____ the repayment time on my loan.
4. When the interest rates got higher, they expected the house prices to fall, but _____ they increased as well.
5. The new restaurant which opened on the corner of the street serves a great _____ of food from other countries.



pass out:	become unconscious
cut down on:	make a reduction in, reduce
make up for:	hurry to compensate for wasted time
dress up:	put on better clothes for a special occasion. opposite of "dress down"
make up with:	re-establish a friendly relationship by admitting guilt

V. Fill in the blanks with an appropriate word from the list above making changes if necessary.

1. She nearly _____ when she saw the blood on her husband's face.
2. People with diabetes must definitely _____ sugar.
3. The secretary was asked to work overtime to _____ the time lost while she was on maternity leave.
4. Jack and his girlfriend were very angry with each other, but last night they finally _____ each other.
5. He didn't _____ for the occasion at all, wearing an orange baseball cap, baggy khakis, and an oversized black sweater.

MINI TEST

1. The movie called "*Requiem for a Dream*" was so ---- that I was in a bad mood for two days after I saw it.
- A) reluctant B) depressing
C) subtle D) enormous
E) enjoyable
2. I don't know for sure but most ---- I will be able to finish writing my thesis in two days.
- A) probably B) rarely
C) definitely D) clearly
E) actually
3. Could you ---- me a nice restaurant for our wedding anniversary?
- A) extend B) suffer
C) recommend D) obtain
E) contribute
4. Your illness won't just go away by lying in bed; you need proper medical ----.
- A) activity B) deficiency
C) thought D) variety
E) treatment
5. Today's consumers are ---- seekers; so the marketers had better offer several alternatives.
- A) variety B) proponent
C) deficiency D) sample
E) prevention
6. Do not ---- on the information he gave you; check it with someone who knows the subject well.
- A) obtain B) neutralize
C) recommend D) evolve
E) rely
7. Iron ---- which causes anaemia is most common in Australia.
- A) thought B) substance
C) deficiency D) activity
E) variety
8. It was painful to see how quickly she ---- after the death of her husband.
- A) aged B) suffered
C) relied D) contributed
E) extended
9. It is ironic but some men are stronger ---- of women's rights than women themselves.
- A) preventions B) types
C) thoughts D) puzzles
E) proponents
10. No matter how hard we try to ---- our expenditure, we can't make our ends meet.
- A) get rid of B) dress up
C) cut down on D) make up
E) make up with