

## **Lingua Inglese - Scientifica**

### **ESEMPIO DI COMPrensIONE SCRITTA**

#### **Livello A2**

#### **What can I do to reduce the risk of heart disease?**

If you want to, there are five steps you can take towards reducing the risk of developing heart disease. For a healthier, happier heart, simply get S.M.A.R.T.

#### **S- Stop smoking**

#### **M-Modify your diet**

#### **A- Alleviate stress**

#### **R- Reduce fat & cholesterol**

#### **T- Take moderate exercise**

By following these steps, you will feel better and may live longer.

#### **Modify your diet**

If you eat too much fat and salt, you could significantly increase the risk of developing a heart related disease. So why not eat your way to a healthier heart?

Ideally we should try to eat five portions of fruit & vegetables a day and lots of rice, pasta, bread and potatoes. Add just a little lean meat, pulses or dairy products with a few fatty and sugary foods and you should easily be within the recommended daily amounts for calories, fat, sugars and sodium (salt).

Cutting down on alcohol can also help. Ideally, men should consume no more than 4 units of alcohol a day, and women no more than 3 (a unit is equivalent to a normal 125ml glass of wine, or a half pint of standard beer). You may also want to consider having at least two alcohol-free days a week.

#### **Stop smoking**

If you are under fifty and a smoker you are five times more likely to die of coronary heart disease than a non smoker. So although giving up is not easy, your health will certainly benefit. Research shows that the risk of suffering from heart disease is cut by half after a year of giving up smoking. So, why not speak to your pharmacist who can offer advice and information on products which may help you to give up.

**A. Which piece of advice is NOT given to the reader?**

1. Eat a balanced diet.
2. Exercise a lot.
3. Give up smoking.

**B. The writer says we should eat only a small quantity of:**

1. dairy products.
2. potatoes.
3. rice.

**C. The writer advises women to:**

1. reduce their consumption of alcohol by half.
2. only drink alcohol two days a week.
3. drink less alcohol than men.

**D. Research shows that if a smoker stops smoking:**

1. the risk of them dying from heart disease is remote.
2. she/he will be 50% less likely to suffer from heart disease.
3. he/she will be five times less likely to suffer from heart disease.

**ANSWER KEY:**

**A-2**

**B-1**

**C-3**

**D-2**