

“Tea myths 2” @ <http://www.youtube.com/ESL4free>

Media is major source of misinformation.

30% reports wrong but 1 effect on tea drinkers

Myth 1: Herbal teas are 2 than tea

tea > antioxidants; herbal teas > antioxidants + active components
 but 3 antioxidants in tea.

1-2 cups tea
 5 portions fruit & veg
 400mg Vitamin C } same levels

Myth 2: Some teas help weight loss

no evidence; 4 advertising is strong

Traditional beliefs from Mongolia, Italy and 5

Lose weight: eat healthily, stop 6 & use skimmed milk.

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DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING

Antioxidants: substances which slow down decay by combining with oxygen

Appetite: the feeling of wanting to eat food

Appreciate: to recognize that something is valuable/important

Case in point: the matter that we are now discussing

Compelling: forcing

Cutting out: stop taking

Excess: an amount that is too great

Flavonoids: a substance in fruit/vegetables that protects against cancer/heart disease

Inaccuracies: words/things that are not accurate/true

Ingredients: things that are used in preparing to make other things

Misinformation: information that is inaccurate

Mystery: something that is not yet explained or understood

Myths: commonly believed but false ideas

Persistent: lasting for a long time

Prosecution: accused of a crime in a court of law

Skeptical: doubting that something is true

Simplistic: making something complicated sound simple

Slimming: losing weight