

2023
OCTOBER

25 Your Diet & Age

Hack Your Diet, Live Longer

LIVE ESL – APIBECI

HEALTH NEWS

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Your Diet & Age

Hack Your Diet, Live Longer

LESSON SUMMARY

READING + LISTENING + SPEAKING

1HR

LISTENING

ISSUE-18-ED01
Your Diet & Age

PRE-ASSESSMENT PROFICIENCY INFORMATION

STUDENT

SCORE

Pre – Test

Complete the set of pre-assessment activities given below. Read instructions carefully.

PRE – 01 | True or False Not Given

Listen to the audio carefully and determine whether the statements provided are True, False or Not Given based on the information you hear. Mark **True** if the statement is **correct**, mark **False** if the statement is **incorrect**, and **Not Given** if the information is **not mentioned** in the audio.



	TRUE	FALSE	NOT GIVEN
1 Diet is a behavior affecting aging and longevity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Scientists don't compare the diets that different people eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 There are six components of diet affecting aging.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 People die easily if they don't have a good diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PRE – 02 | Re-Tell

Listen to the audio carefully and **take notes** on the main points and key details. After the audio ends, **re-tell what you heard in your own words**. Focus on summarizing the main ideas, supporting details, and any examples mentioned.

01

Reading

Diet is the behavior that's been studied the most in terms of trying to affect things like aging and **longevity**—and what scientists end up leaning on is what we call 'epidemiological' or observational data. They compare the diets that different people eat, and then they look at the features of those people using things like biological aging or disease risk or life **expectancy**. Do certain diets tend to correlate with certain outcomes? There are really three components of diet that seem to be impacting aging: So, the first is how much we eat, the second is what we eat, and the third is when we eat.

Caloric Intake

So in terms of how much we eat, a lot of science went into this idea of caloric **restriction**. Caloric restriction isn't starvation. It's usually just about a 20% reduction in the overall calorie intake. In a lot of different animal models, so anything from a worm, fly, mouse, people have seen that when animals are caloric restricted, they tend to live longer. When trying to figure out if something like caloric restriction is actually beneficial to the aging process in terms of slowing aging, one **caveat** is that humans today are not at baseline; we're actually more prone to overeating. So some researchers have figured out that it might not be the caloric restriction that's actually the beneficial thing. So even if you can't restrict your calories, just moving away from overeating is probably gonna have a beneficial effect for most people.

What You Eat

The other thing that's been studied is this concept of what we eat. A lot of research has gone into whether things like a plant-based diet are actually beneficial to aging and longevity. And there seems to be some evidence that eating less animal products, more fruits and veggies, more whole foods is gonna be better overall; and also minimizing things like refined sugars, and the things that we know are bad for our health.

01

When You Eat

The third comes down to when we eat, and this is really a new field in aging and longevity science. So again, most people aren't gonna be able to calorically restrict, but what scientists found is actually **fasting** can mimic some of the benefits that we've seen with caloric restriction. So if people can perhaps **minimize** their eating to a small window, we think that this can actually **recapitulate** a lot of the benefits that we're seeing in the caloric restriction studies.

03

Hormesis

Building biological resilience. The idea of why things like caloric restriction or fasting might actually improve our aging process is because we think this evokes this idea of 'hormesis' in our bodies. What hormesis refers to is a mild stressor that actually makes our bodies more **resilient** and **robust** to stress over time. So having these short-term mild stressors, whether it be fasting or whether it be a small caloric deficit, actually makes our bodies more resilient against a lot of the changes we see that increase with aging.

04

02

01

Reading



05 What is the optimal diet for you?

It's not that easy to figure out what the optimal diet is for each of us, and we don't know exactly how things, like genetics, are going to **predispose** people to different diets, but one way to do this is to keep track of things like our biological age measures to see how our diet is affecting us. So if you were to completely change your diet or introduce something like **intermittent** fasting, do you see that reflected in your measures?

The other things are just, functionally, how you're feeling. So people who are older and more prone to things like muscle loss or weakness, might actually need more protein than people who are younger, where science has shown that a low protein diet might be beneficial. So it's important to keep in mind that these things aren't set in stone, and really need to be considered on a personalized basis. As we move forward in science and develop more of these biomarkers of aging, I think this will really start to accelerate our understanding of how diet impacts the aging process. Our lifestyle and our behaviors are actually going to be the biggest contributors to how fast we're aging.

02

Activity

A1 | Pair Me Up

Match the words on the first column to its corresponding meaning on the second column.

CAVEAT	1 _____	A	an official limit on something
RECAPITULATE	2 _____	B	living for a long time
PREDISPOSE	3 _____	C	not happening regularly or continuously
LONGEVITY	4 _____	D	to reduce something to the least possible level or amount
EXPECTANCY	5 _____	E	a period of time when you eat no food
RESTRICTION	6 _____	F	able to be recover again after something difficult
MINIMIZE	7 _____	G	hoping that something will happen
FASTING	8 _____	H	a sign or warning to beware
RESILIENT	9 _____	I	Summarize, sum up
INTERMITTENT	10 _____	J	Put at risk; make vulnerable

A2 | Right Words

Complete the sentence by choosing the word that fits the context. Choose from the box below.

fasting

starvation

refined

Intake

evidence

longevity

mimic

resilient

epidemiological

stressors

- Diet is the behavior that's been studied the most in terms of trying to affect things like aging and _____—and what scientists end up leaning on is what we call _____ or observational data.
- Caloric restriction isn't _____. It's usually just about a 20% reduction in the overall calorie _____.
- And there seems to be some _____ that eating less animal products, more fruits and veggies, more whole foods is gonna be better overall; and also minimizing things like _____ sugars, and the things that we know are bad for our health.
- So having these short-term mild _____, whether it be fasting or whether it be a small caloric deficit, actually makes our bodies more _____ against a lot of the changes we see that increase with aging.
- Caloric restriction isn't _____. It's usually just about a 20% reduction in the overall calorie _____.
- So again, most people aren't gonna be able to calorically restrict, but what scientists found is actually _____ can _____ some of the benefits that we've seen with caloric restriction.

03

Speak Up

You are welcome to authentically share your thoughts as you go through the following questions.

1

How would you describe your diet at present?

3

Can you suggest other ways on how people can lengthen their life span?

2

To what extent do you agree that changing your diet could extend your life?

4

What kind of foods should people avoid eating to have a longer life?




25 OCTOBER
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FOOD FOR THOUGHT

What you
consume is
what you
become.



The Creative Box; Draw something, write something, do anything to this box – let yourself be free with the box. 

KEY ANSWERS

1H 2I 3J 4B 5G 6A 7D 8E 9F 10C

1 longevity epidemiological – 2 starvation intake – 3 evidence refined – 4 fasting mimic – 5 stressors resilient

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ISSUE 18:
YOUR DIET & AGE: HACK
YOUR DIET, LIVE LONGER
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SCAN FOR EDUCARE.

