



Three Wise Kangaroos

Video – answer key

1. How many per cent of British adults take multivitamins or dietary supplements?
48%
2. What figure are the sales of vitamins and supplements expected to reach by 2025?
£ 559 million.
3. What's the general consensus in the scientific community about supplements?
The general consensus is that they don't actually do very much unless there is already a nutritional deficiency.
4. Why are pregnant women advised to supplement with Omega 3 and folic acid?
Because the former reduces the risk of having a premature baby and the latter supports the development of their baby's nervous system.
5. What was discovered after supplementing prisoners with vitamins and minerals?
It reduced violence by a third compared to placebo.
6. What's the connection between vitamins and stress?
Some vitamins, in particular B vitamins, can help you manage stress.
7. What happened during the research whose aim was to test the use of antioxidants in preventing cancer?
Individuals with high risks of lung cancer were given high doses of beta-carotene and retinol- two forms of vitamin A. However, the study had to be halted because the study group developed more aggressive cancers than the placebo group and they had a higher death rate even years after the trial ended. The high dose of the antioxidants are thought to have interfered with the immune system allowing cancer to grow unchecked.
8. What can high doses of vitamin A, E, D and K lead to?
Toxicity.
9. Which groups of people might benefit from mineral and vitamin supplementation?
Families on low income, pregnant women, people with diabetes, vegans, vegetarians or people who suffer from coeliac disease.
10. What is a better alternative to vitamin supplementation?
Improving our diet quality.

Vocabulary – answer key

1. A general **consensus** about something is a general agreement on an issue.
2. If a task seems **daunting**, it appears difficult or overwhelming.
3. If you have a **nutritional deficiency**, it means your body lacks some minerals or vitamins.
4. An **infamous** thing or person is one with a bad reputation.
5. If you **halt** something, you bring it to an abrupt stop.
6. If something is **essential**, it is crucial or necessary.
7. **Nutrients** are substances that provides nourishment essential for the maintenance of life and for growth.
8. The **downside** of something is a disadvantage or a negative side of it.