

Meghan Nugent  
Project D

### **Pre-Reading Questions**

- **Please read this article and answer the following questions.**

<https://www.discovermagazine.com/health/is-coffee-good-for-you-or-not>

1. What health conditions are associated with a reduced risk due to moderate coffee consumption?
2. According to the article, what is considered a moderate amount of daily coffee intake?
3. Why did early studies mistakenly link coffee to negative health outcomes?
4. Besides caffeine, what other compounds in coffee contribute to its health benefits?
5. How does the method of brewing coffee influence its health effects?
6. How does the form of the coffee affect the health benefits?