

Traccia n. 1

Carrots are good for our eyes. A new study says grapes are also good. A few grapes a day can help our vision. A researcher said eating grapes was good for people who are getting older. She added that we can easily buy grapes. The study is good news for people who don't like carrots.

Many people took part in the testing. Half of them ate grapes every day; the other half ate a placebo snack. The people who ate the grapes had better muscle strength in the retina in their eyes. The retina protects our eyes from blue light. A lot of blue light comes from computer screens. It damages our eyes.

Traccia n. 2

More than a million children in the UK live in 'Bed poverty'. They have no bed. Many children share beds, and many sleep on the floor. Bed poverty is because people are poorer. Everything is more expensive. Even a bed is now a "luxury" item for poorer people. No bed means children are tired. They cannot concentrate at school.

Bed poverty shows that it is difficult for people in Britain. Parents do not have enough money to buy food to keep their children healthy. Many families have to choose between heating and eating. Bed poverty is bad for children's mental health. People want the government to fix the problem of poverty.

Traccia n. 3

Supermarket staff in the UK have body cameras to protect themselves. Customers punch or pull knives on staff. Checkout workers are stressed, and worried about their safety. The number of attacks in one store has gone up by 30 per cent in a year. More than 200 of workers in that store are attacked each month.

There is a big rise in anti-social behaviour in Britain. A new survey shows that 72 per cent of voters think the UK is broken. A supermarket CEO wants new laws for people who attack staff. He said crime is bad for society. He said attacks on his staff were "unacceptable" and "heart-breaking".

Traccia n. 4

How hot or cold a room is affects sleep. Researchers say a room between 20-25° Celsius is best. The researchers monitored 50 people aged 65 and older for 18 months. The people's sleep worsened when their room was not between 20-25°C. Researchers say 20°C is the best temperature for a deep sleep.

Sleep quality could fall by 10 per cent if it is too warm or too cool. Poor sleep can bring health problems, like diabetes and heart disease. It can also increase stress. The researchers said people should make a comfortable environment to sleep well. They also said climate change could change our sleep.

Traccia n. 5

Palm oil is in half of the food we eat. However, making it damages the environment. Researchers think they have found an alternative to palm oil. It is called PALM-ALT. This is a plant-based oil that is better for the environment. It is also healthier. It has much less fat and 30% fewer calories than palm oil.

PALM-ALT could change how we make things. It is made from flowers and seeds, so we don't have to cut down trees. A researcher tested PALM-ALT. She said people could not tell the difference between PALM-ALT and traditional palm oil. She is hoping businesses will start using it instead of regular palm oil.

Traccia n. 6

Japan is putting water from the Fukushima nuclear power plant into the ocean. A 2011 earthquake and tsunami damaged the plant. Japan said the water is safe and would not harm the environment. The International Atomic Energy Agency said the water meets international safety standards.

Japan's neighbours are angry. China has banned seafood from Fukushima. China says releasing the water is wrong. It said Japan is only thinking about itself and not the world. Hong Kong is worried about food safety. It will stop buying some Japanese food. However, South Korea said the water meets international standards.