The story
Caffeine could reduce your risk of obesity, type 2 diabetes and heart disease.

That's according to a new study looking into the effects of high caffeine levels in the blood.

Researchers found that if your body processes caffeine slowly, you are likely to be thinner and have a lower risk of diabetes.

Scientists say further research needs to be done.

Key words and phrases

Fancy a...?
Do you want a...?

- Do you fancy a chat? I wanted to ask your opinion on something.
- What should we do this weekend? Fancy a film?

turns out
the result is

- Turns out I passed the test! I really thought I was going to fail.
- I decided to leave my umbrella at home, but it turns out it's raining.

how come
why

- How come you went to the party without me?
- How come you're not eating lunch today? Did you have a big breakfast?