

# Food and diet

## Exercise 1

Complete definitions and sentences 1 – 12 with words and expressions from the box. You will not need all of the words and expressions from the box.

allergy allergic anorexia balanced diet bulimia calcium calories carbohydrates  
 cholesterol consume consumption diabetes diet (noun + verb) eating disorder exercise  
 fast food fat fat farm fiber food group food intolerance food poisoning free range  
 genetically modified (GM) harvest health food heart disease junk food listeria malnutrition  
 malnourished minerals monounsaturated nutrition nutritious obese obesity organic  
 overweight protein salmonella saturated scarce scarcity underweight vegan  
 veganism vegetarian vegetarianism vitamins

1. \_\_\_\_\_ are the parts of fruit, vegetables and grains that your body cannot digest, and helps food to pass through your body. \_\_\_\_\_ is the oil found in food, and there are three main types of this: \_\_\_\_\_, polyunsaturated, and \_\_\_\_\_.
2. \_\_\_\_\_ are units used for measuring how much energy you get from food. \_\_\_\_\_ is a substance found in food such as eggs, milk, and meat that people need in order to grow and be healthy. \_\_\_\_\_ is a white chemical element that is an important part of bones and teeth, and is found in food products such as eggs, milk, and cheese. \_\_\_\_\_ are found in foods such as sugar, bread, and potatoes, and supply your body with heat and energy.
3. People who weigh more than they should often go on a \_\_\_\_\_ to help them lose weight. Some of them may go to a \_\_\_\_\_, an informal expression for a place where people can go to try to lose weight by eating in a healthy way and doing lots of \_\_\_\_\_.
4. \_\_\_\_\_ food is food which is produced without using artificial chemicals. \_\_\_\_\_ food is food produced from animals which are allowed to move around and feed naturally. \_\_\_\_\_ food is food that has been produced from a plant or animal that has had its gene structure changed in order to make it more productive or resistant to disease.
5. People who eat too much, or who don't eat enough (often because they think they look fat), suffer from a medical condition known generally as an \_\_\_\_\_. Examples of this include \_\_\_\_\_ and \_\_\_\_\_.
6. A \_\_\_\_\_ is someone who doesn't eat meat. A \_\_\_\_\_ is someone who doesn't eat meat or other products derived from animals (including cheese and milk).
7. \_\_\_\_\_ is food that is made very quickly, especially food like burgers and pizzas that you can take out. It is sometimes called \_\_\_\_\_, because it is often not very healthy or \_\_\_\_\_.
8. Someone who is heavier than they should be is \_\_\_\_\_. If they are a lot heavier than they should be, they are \_\_\_\_\_. The noun is \_\_\_\_\_. This can result in \_\_\_\_\_, cancer, \_\_\_\_\_, and many other serious illnesses.
9. E-coli, \_\_\_\_\_, and \_\_\_\_\_ are three kinds of \_\_\_\_\_.
10. Meat, vegetables, and dairy products are three of the main \_\_\_\_\_.
11. If you eat a \_\_\_\_\_, you eat the correct amounts of the right sorts of food; you do not eat too much of one particular sort of food.

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12. People who have a \_\_\_\_\_ are unable to eat certain kinds of food because it has a negative effect on them (although it will not affect them seriously). People with an \_\_\_\_\_ to certain kinds of food must avoid them, as the effects may be much more serious (for example, if someone who is \_\_\_\_\_ to peanuts eats something with peanuts in, it might kill them).