SLO2 : Infer meaning of vocabulary words from context

A Healthy Diet for Everyone

Everyone knows that we must eat food in order to live. However, sometimes, people are confused about what type of food is healthy, and what kind of food can be **harmful** _____ to our health. The USDA1 has prepared a food guide to help people learn about which types of food are the healthiest to eat. The food guide describes six basic food groups: meat (beef, fi sh, chicken, etc.), dairy (milk, yogurt, cheese, etc.), grains (bread, cereal, rice, etc.), fruit, and vegetables. The last group is fats, oil, and sweets. The USDA also suggests how much of each food group is healthy to eat **daily**_____. Although this guide was prepared by the U.S. government, it is very useful for people all over the world.

As a result of years of **research**_____, we know that too much animal fat is bad for our health. For example, Americans eat a lot of meat and only a small amount of grains, fruit, and vegetables. Because of their diet, they have a high rate of cancer and heart disease. In Japan, in contrast, people eat large amounts of grains and very little meat. The Japanese also have a very **low**_____ rate of cancer and heart **disease**_____. In fact, the Japanese live longer than almost anyone else in the world. Unfortunately, when Japanese people move to the United States, the rate of heart disease and cancer **increases**_____ as their diet changes. **Moreover**_____, as hamburgers, ice cream, and other **high-fat**_____ foods become popular in Japan, the rate of heart disease and cancer is increasing there as well. People are also eating more meat and dairy products in other countries, such as Cuba, Mauritius, and Hungary. Not surprisingly, the disease rate in these countries is increasing along with the change in diet. Consequently, doctors everywhere **advise**_____ people to eat more grains, fruit, and vegetables, and eat less meat and fewer dairy products.

A healthy diet is important for children as well as adults. When adults have poor eating habits, their children usually do, too. After all, children eat the same way as their parents. When parents eat healthy food, the children will learn to enjoy it, too. Then they will develop good eating habits. Doctors advise parents to give their children healthier snacks such as fruit, vegetables, and juice.

Everyone wants to live a long, healthy life. We know that the food we eat affects us in different ways. For instance, doctors believe that fruit and vegetables can actually **prevent**_____ many different diseases. On the other hand, animal fat can cause disease. We can improve our diet now and enjoy many years of healthy living.