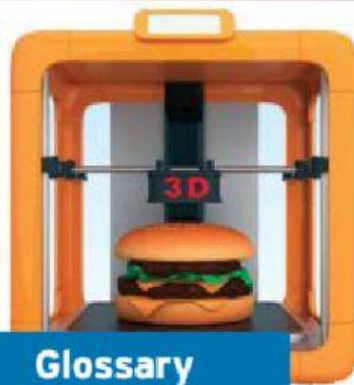


6 Eat

Food Trends

We live at a time when we've come to expect **novelty** in our daily lives. This goes for the world of food, too, resulting in food trends from the exotic to the down-to-earth, from 100% natural to high-tech, from the brilliant to the questionable. Let's look at what to expect this year in the world of food.

An idea that has been growing in popularity over the past decade is farm-to-table



each other. Some restaurants are experimenting with a return to the past by seating customers communally, **that is**, sharing tables. This is already a fairly common practice in Japan and Germany. 50 Not only does this permit restaurants to fully use the available space, but it also allows for interesting opportunities for interaction between strangers. Yet another trend that may seem strange to others is tactile food. We have always 55 wanted our food to taste delicious and for a long time have liked our food to be beautiful, but does it also feel and sound good? The movement for **tactile** food aims to involve all the senses. **What's**

a _____
b _____
c _____
d _____
e _____
f _____

g _____
h _____
i _____
j _____
k _____
l _____

use all the linkers in the table below to complete the summary of the article on page 64. Some linkers can go in more than one place.

Organizing Ideas	Adding more information	Connecting or contrasting ideas	Showing cause and effect	Concluding
	Furthermore	however even though Although	so Consequently	To sum up

a _____
b _____
c _____
d _____

e _____
f _____
g _____

there are ten more linkers highlighted in blue in the article on page 64. add each of them to an appropriate column in the table below

Organizing Ideas	Adding more information	Connecting or contrasting ideas	Showing cause and effect	Concluding
	Furthermore	however even though Although	so Consequently	To sum up

Read this article about becoming a vegetarian and underline the correct linker (a-k).



https://foodchoices.com

I have always known that I could become a vegetarian if I wanted to. I'm not a big meat person. If you ask me where I want to eat tonight, a steakhouse would be right down at the bottom of the list. **a However / Furthermore**, thinking about giving up meat and actually doing it are two different things. Recently, I've decided to take the plunge and try it. I've been looking into the subject and here are my main reasons for giving up meat.

b In other words / The first reason is the question of sustainability. Compared to growing grain, raising beef costs much more per kilo, and requires much more land. Cattle also expel vast quantities of methane. **c As a result / Although** the production of beef has an extremely negative impact on the environment. **d What's more / So**, the consumption of beef worldwide is on the rise, which suggests that the impact will only grow over time. **e Even though / In other words**, giving up meat is the same as being kind to the environment.

f Secondly / On the other hand, there is the question of cruelty to animals. You don't have to look very far to find horrible examples of animal cruelty. There have been a number of documentaries in recent years that focus on what happens behind the scenes in the slaughterhouses because people just don't know the reality. **g In fact / However**, most of us have so little understanding of how animals are slaughtered that we don't associate eating meat with killing an animal.

h Finally / To sum up, in my view being a vegetarian is better for my health. Vegetarians generally consume less saturated fat, so their cholesterol levels tend to be lower than those who eat meat.

i Furthermore / So, vegetarians tend to have lower blood pressure and a lower body mass index. All of this is correlated with living longer.

j Consequently / But there are some things that vegetarians need to keep in mind. Certain vitamins, like Vitamin B12, are only found in animal products, so it is suggested that vegetarians take a supplement. Other substances that should be monitored are protein, iron, zinc, and omega 3. Fortunately, there is almost always a way a vegetarian can supplement a deficiency and keep to a vegetarian diet.

k As a result / To sum up, there are many good reasons to become a vegetarian.

Glossary

take the plunge phrase: commit oneself to a course of action about which one is nervous.

cattle noun (U): large farm animals, domesticated for meat or milk

slaughterhouse noun (C): a place where animals are killed for food.

- a _____
- b _____
- c _____
- d _____
- e _____
- f _____
- g _____
- h _____
- i _____
- j _____
- k _____

Work with a partner. Read the statistics about food waste on page 66 and guess which is the correct number in each case.

What a Waste!

It has never been easier to eat whatever you want whenever you want. But, here's something that might make you lose your appetite: the amount of food that is wasted. Here are a few numbers to chew on:

- 1. Every year roughly 990 billion dollars of food is

rates down, there is a glaring disparity: in North America and Europe the rate is under 5%, whereas in Sub-Saharan Africa almost 19% of the population is



- 1 The fraction of food produced in the world which is wasted or lost:
 - a 1/4 b 1/3 c 1/2
- 2 The value of food wasted or lost globally per year:
 - a \$90 billion b \$990 billion c \$9 trillion
- 3 The percentage of adults classified as obese in the United States:
 - a less than 20% b around 35% c more than 40%
- 4 The number of apples thrown away around the globe every day:
 - a 10 billion b 15 billion c 18 billion
- 5 The number of people who could be fed with the food wasted or lost in Latin America:
 - a 800,000 b 3,000,000 c 300,000,000

