Food & diet

1 Look at the dictionary definitions, and arrange the letters in bold to form the words they are defining. The first letter of each word is underlined. Write your answers in the crossword on the next page. (Each definition is followed by a sample sentence in *italics* with the word removed).

1. Natural substances found in food that are necessary to keep your body healthy. Each one is given a name using a letter of the alphabet. **aimyistn** (*Apples contain several essential* _____)

2. Of food: providing the substances that people need in order to be healthy. **nitsortiuu** (*A healthy,* _____ *meal*)

3. Someone who chooses not to eat meat or fish. **geetryanai** (*I've been a* _____ *since I was 13*)

4. Substances found in food that supply your body with heat and energy. **bocaratydesrh** (*Bread, potatoes and rice are a good source of* _____)

5. A substance found in food such as meat, eggs and milk that people need in order to grow and be strong. **pntiroe** (*Children who lack sufficient* _____ *in their diet are often ill*)

6. A substance in your blood that can cause heart disease if you have too much of it. **eroclshtloe.** (*There are many foods that claim to reduce* _____ *levels*)

7. A serious lack of food that continues for a long time and causes many people in a country to become ill or die. **anfeim** (*The crop failure caused widespread* _____ *in the region*)

8. A condition in which someone is too fat, in a way that is dangerous for their health. **eoitbys** (*The report highlighted the problems caused by*

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childhood _____)

9. Weak or ill because you do not eat enough, or because you do not eat enough of the right foods. **Inomaisheurd** (*24 per cent of children in the school were found to be* _____)

10. Natural substances found in some foods that you need for good health. **amerlins** (*Milk contains calcium, one of the most important* _____ *for maintaining strong bones*)

11. Oil found in meat. **taf**. (You *should trim the* _____ *off meat before you cook it*)

12. The parts of fruit, vegetables and grain that your body cannot digest. **brfie** (*Dietary* _____ *helps protect us from disease*)

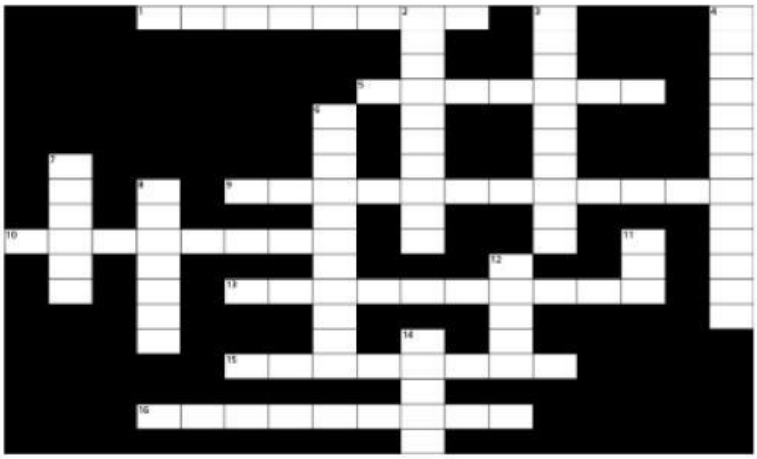
13. Heavier than you should be. **worigvehet** (*I'm a couple of kilogrammes* _____)

14. Food that has recently been picked, caught or prepared. **sfrhe** (_____ *vegetables are much nicer than frozen ones*)

15. Units for measuring how much energy you get from food. **riclesao** (*There are over 150* _____ *in a small packet of crisps*)

16. Describing food that has had chemicals or other substances added to it. **percedsos** (_____ *meat keeps for longer than natural meat*)

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2 Match sentences 1 – 10 with a second sentence A – J. Use the key words and phrases in bold to help you. In some cases, more than one answer is possible.

1. A lot of people are **allergic** to nuts	A. This is because they are cultivated naturally, without using any chemical fertilisers or pesticides.
2. Many people do not trust **genetically modified** foods.	B. As a result, we may have to import a lot of basic foods.
3. **Organic** fruit and vegetables are quite expensive, but may be better for you.	C. They are not sure that altering the composition of cells to change certain characteristics is safe.
4. I refuse to eat eggs from **battery chickens.**	D. I like to know that the animals have enough space to express their natural behaviour.
5. I only eat meat from **free range** animals.	E. Too much rain has prevented crops from ripening properly.
6. The **harvest** has been very bad this year.	F. This is in spite of the fact that it is fattening and unhealthy.
7. If the drought continues, there will be serious food **shortages.**	G. It can be difficult to trace the sources of some of these.
8. There has been an increase in cases of **salmonella, listeria, e.coli** and other types of **food poisoning.**	H. They should make an effort to consume sufficient quantities of the different food groups.
9. Too many people fail to eat a **balanced diet.**	I. They have a bad physical reaction if they eat them.
10. **Fast food** is very popular.	J. Animals should not spend their lives confined in small cages.

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Children love eating (1) ....., but burgers, chicken nuggets and other heavily (2) ..... food products not only contain a large number of unhealthy chemicals and other additives, but also lack the essential (3)..... and (4) ..... that a child needs. In addition, they also contain a lot of (5) ..... and (6) ..... which, if eaten in quantity, can result in childhood (7)..... (in fact, a recent survey suggests that 39 per cent of 8 – 15 year-olds are seriously overweight).

Many children end up (8)....., since they eat too much of the wrong sort of food. In fact, in many parts of the developed world, a lot of children show similar symptoms to those in poorer developing countries, where food (9)..... cause thousands of deaths from starvation, especially in the wake of natural disasters which ruin crops and in some cases totally destroy the annual (10)..... Furthermore, the large amounts of (11)..... in animal and dairy products (a common feature of fast food) are believed to be partly responsible for increased cases of heart disease in young people, a recent phenomenon that is causing great concern.

It is therefore important children learn the benefits of eating a (12)....., as it is important they consume sufficient quantities of the different food groups. They should be encouraged to eat more (13)..... fruit and vegetables, and also more food that is high in (14)..... They should still be allowed the occasional burger or pizza, but these should be seen as an occasional treat rather than forming the main part of their diet.

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