

UNIT 3

- 1 Read the tips about how to achieve a healthy and sustainable diet. Match each one with two reasons from the list (a-h). Write letters next to each tip.

REDUCE RED MEAT CONSUMPTION AND HIGH-FAT DAIRY. _____

SUPPORT LOCAL AND ORGANIC AGRICULTURE. _____

EAT MORE WHOLE FOODS. _____

AVOID PROCESSED FOODS AND DRINKS. _____

- a Organic foods are richer in nutrients and use fewer fertilisers and pesticides.
- b These foods are better for the environment as their production requires less land, energy and water.
- c The packaging and processing that comes with processed food and drinks produces a lot of greenhouse gas emissions.
- d A substantial amount of greenhouse gas comes from meat production.
- e Your typical fast-food meals are low in nutrients, high in calories, unhealthy fats, sugar and salt, all bad for your health.
- f If you buy fruit and vegetables produced near your home it will reduce the greenhouse emissions caused by transportation over long distances.
- g Compared to processed food, legumes, whole grains, fruit and vegetables are packed with healthy fibre, minerals and vitamins.
- h These animal products are high in saturated fats and cholesterol, which are linked to major health risks.

- 2 Write a question for each statement. See the example for help.

- a We should drink five to eight glasses a day.

How many glasses of water should we drink each day?

- b Benefits include the prevention of dehydration and the maintenance of normal blood pressure.

- c Our bodies need this in order to prevent constipation, maintain a healthy weight and prevent diseases such as diabetes or heart disease.

- d They have beneficial nutrients and fewer synthetic fertilisers and pesticides.

- 3 Study the images. According to the NOVA classification, which group does each belong to? Write a number for each based on the key.

Key: 1 unprocessed or minimally processed 2 processed culinary ingredients
3 processed foods 4 ultra-processed foods



- 4 Complete the missing words in the descriptions. Then add two examples of types of food for each. More than one answer is possible.

GROUP 1

- Unprocessed or n_____ food: This food comes straight from plants or a_____. Examples: fruits, _____
- M_____ processed foods. Examples: pasta, _____

GROUP 2

- Processed culinary ingredients: This category includes ingredients used in c_____ or c_____ for seasoning food. Examples: fats, oils, _____

GROUP 3

- Processes foods: This category is food that has been industrially processed in order to enhance its t_____, s_____ and shelf-life. Examples: cured meat, canned fish, _____

GROUP 4

- Ultra-processed foods: These contain a_____, preservatives and f_____, and are industrially made. Examples: breakfast cereals, packed breads, _____

- 5 Answer the healthy diet questionnaire with a food group number from activity 4.

- Which food groups should your diet be mainly made up of? _____
- Which food group should you consume in moderation? _____
- Which food group should you limit as much as possible? _____

6 Match the food groups to their descriptions.

- | | | |
|------------------------------------|---|--|
| a Protein ... | • | • ... support brain function, regulate hormones and provide energy. We should limit the consumption of saturated fats. |
| b Dairy ... | • | • ... are two groups from which we get our vitamins and minerals. |
| c Fats and oils ... | • | • ... is where we get protein, calcium and vitamin D in order to help maintain strong bones. |
| d Carbohydrates ... | • | • ... comes from meat, eggs, nuts and fish and are essential for building and repairing the body's tissues. |
| e Fruits and vegetables ... | • | • ... are found in pasta, bread and potatoes and are the body's principal source of energy. |

7 Write the name of a food group or groups from activity 6 for each sentence.

- a** Almost half of our food should come from these groups.

- b** This group is important to maintain healthy teeth and a proper nerve function.

- c** These groups can be described as body-building foods.

- d** These groups can be described as protective foods.

- e** Apart from providing energy, this group is key for the functioning of the brain and the central nervous system.

- f** We should limit the consumption of these macronutrients found in red meat and in some dairy products.

- g** These groups can be described as energy foods.

8 Complete the sentences about the types of nutrients.

- a** _____ are vitamins and minerals.
- b** _____ include carbohydrates, proteins and fats.

- 9 Complete Anna's blog post with the words from the box.

ecological harms locally intensive nutrients
production proximity quality safe

Make a positive impact on the world!

People ask me if we can do our food shopping in a more sustainable way. You probably don't buy your food yourself but there is some advice you can give your parents.

Think **QPPO!** Let me explain.

Q is for _____. We need to make sure we are getting all the _____ we need and choose high-quality food.

P is for _____, this means nearby. Buy your food _____ and choose fruit and vegetable that is in season in your area.

P is for _____. Find out how the food is produced. You don't want food that _____ the environment. You want food that has been produced in _____ conditions for all the people and animals involved.

O is for origin. Stay clear of products that come from _____ agriculture. Go for organic and _____ food! It tastes better and its better for your health and the health of our planet.

- 10 Complete the labels of the diagram to show a circular economy.



- 11 Look at the image. Write 2-3 sentences about what food labels must include.

