Listen to the talk and complete each gap with ONE word.

Today I'd like to talk to you about "culinary medicine." You can probably guess from the name that it **combines** food and cooking—that's the "culinary" part—with medicine, or the 1. _____ and prevention of **illness** or disease.

A major concern in the twenty-first century is health **issues** caused by poor **nutrition** and 2. _____. These poor eating habits come from living in a fast-paced society where people don't have time to cook 3. _____ foods.

We all know it's much easier to buy something that's ready to eat like pizza, or canned soup, or a frozen 4. _____. But these are rarely good for you. The issue is made worse because ready-to-eat foods are often less expensive than whole foods. The low cost of ready to- eat foods and their easy availability make them super 5. _____.

Culinary medicine offers a solution. It begins with educating people about how food affects our health and well-being. It teaches that there is a direct connection between what you eat and your health. It also involves teaching people how to cook healthy meals and how to plan their 6. _____ and save time on cooking. For example, a busy family can plan their meals for the week. They can cook food for several meals at once and put them in the 7. _____ for later. While it sounds simple, it can be difficult to change unhealthy habits to healthy ones, and it takes time. Having a doctor who uses culinary medicine can help. Your doctor can ask you about your home cooking and offer **suggestions**.

There is a problem with that, though. Not all doctors are prepared to do this. The 8. _____ is training more doctors in culinary medicine. One example of a culinary medicine program for doctors in Brazil is called "Médicos na Cozinha" or "Doctors in the Kitchen." Doctors learn how to cook meals with 9. _____ that use whole foods. The recipes are easy to make on your own at home. It's a good idea, right? Doctors learn how to make delicious healthy food, and then they share this information with their patients.

But what can you do if you don't have a doctor who uses culinary medicine? You can use the **approach** yourself. One doctor in the United States started a 10. _____ to show people how to combine food and health. The Plant-Based Los Angeles website provides recipes for plant-based foods to help people 11. _____ problems like diabetes and high blood pressure. Plant-based foods include fruits and 12. _____ but also foods like nuts, oils, and beans. The website includes 13. _____ with the different steps of the recipes. The pictures make you want to try the food. And they provide some nice support while you're cooking.

We all know food is important. Our diet can cause health 14. _____, or it can help to keep us healthy. It can be hard to make changes to your diet, but culinary medicine is a great place to start. Ask your doctor if they can **advise** you about it and look at some websites to learn more.

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