

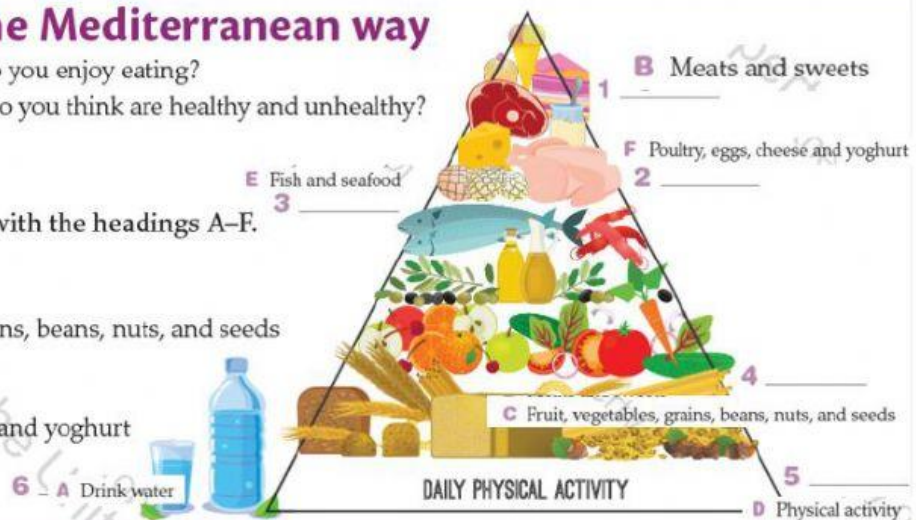
Lessons 3–4 The Mediterranean way

- What kind of food do you enjoy eating?
- What kinds of food do you think are healthy and unhealthy?

Vocabulary

1 Label the pyramid with the headings A–F.

- A Drink water
- B Meats and sweets
- C Fruit, vegetables, grains, beans, nuts, and seeds
- D Physical activity
- E Fish and seafood
- F Poultry, eggs, cheese and yoghurt



Language tip

Since and as can be used to introduce a reason.

- We should eat less red meat, as it is bad for our hearts.
- The Greeks live longer, since they eat a healthy diet.

Reading strategy

When answering multiple choice questions, read the questions and options carefully. Choose the answer and then scan the text to check if you were correct.

Reading

- 2 Read the article and then answer the questions.

The Mediterranean Diet

1 For thousands of years, people living in the countries around the Mediterranean have eaten a 'poor' diet of vegetables, fruit, nuts, cheese and fish, but very little red meat and sugar. Experts have known for decades that this diet is the one we should all be following since it leads to a healthier population with a longer life expectancy.

2 So, in 1993, a group of experts in the United States drew up an eating plan and a pyramid graphic to encourage healthy eating. They called it the Mediterranean Diet. Unlike most

diets, the Mediterranean Diet is not about going on a diet, but about making a complete lifestyle change. It focuses not just on food, but also on how you eat your meals – sharing with your family and friends, and on taking part in a variety of physical activities and making sure you get enough sleep.

The diet is divided into different food groups and the pyramid shows how often the foods in each group should be eaten. The base of the pyramid contains the food that we should eat more of, as they are the healthiest and more

3

3

Unit 8 Lessons 3–4

likely to lead to good health throughout your life. This group consists of food from plants, such as vegetables, fruit, bread, beans, nuts and seeds, and should be eaten every day.

4 The next group of food, to be eaten at least twice a week, is fish and seafood as it contains important oils which are particularly good for developing your brain. Eggs and dairy products, such as milk and cheese, and chicken should be eaten less frequently, although they are an important source of calcium.

5 Finally, in the smallest part of the pyramid at the top, are meat and sugary sweets. Too much red meat should be avoided since research has shown that it can lead to certain kinds of cancer and, of course, too much sugar will increase your weight and is bad for your teeth. Experts also advise people to drink a lot of water rather than coffee, tea and fizzy drinks.

6 Doctors believe that following a Mediterranean-style diet could help you lose weight, reduce your chances of depression, and possibly improve your brain power. Mediterranean food is easy to prepare and fairly cheap, so it's ideal for all families. Most importantly, your happiness levels are likely to increase as you will be eating more healthily,

taking regular exercise and spending time with your loved ones.

Reading Questions – Read the text. Now answer the questions.

1. What is the Mediterranean diet?
It is a diet where people eat:
 - a. Lots of meat, fruit and vegetables
 - b. Fruit, vegetables, nuts, cheese and fish with little meat
 - c. Dairy, fruit and vegetables
 - d. Sugar, dairy and meat
2. Which food do you need to eat everyday?
 - a. Vegetables, fruit, beans, seeds, nuts, bread
 - b. Meat and sugar
 - c. Fish, chicken, cheese and milk
 - d. Sugar and milk
3. Why is sugar at the top of pyramid?
 - a. Because sugar is the healthiest food to eat
 - b. Because sugar increases your happiness levels
 - c. Because sugar is cheap to buy
 - d. Because sugar is not good for your teeth and helps you put on weight
4. Why is the Mediterranean diet beneficial (good) for your health?
 - a. It increases your chances of depression
 - b. It is expensive (costs a lot of money)
 - c. It helps you lose weight, improves your brain power and increases your chances to live longer
 - d. It makes you put on weight