Grade 10 Unit 8 Lesson 7 Worksheet

Reading 21st

1 **Read the article. Are the statements below true (T), false (F) or not given (NG)?**

1. According to the article, the food industry will use a lot of new inventions in the future.
2. Chef Jean Francois thinks using old ways of cooking is better for our heatlh.
3. According to the article, canned foods do not contain all natural ingredients.
4. Super foods are made by humans adding different chemicals to the food.
5. According to the article, traditional Western dishes are less healthy.

What will we be eating?

People wonder what the future of food is going to look like. Will we take pills instead of food? Will we buy our meals from vending machines? Will we all have a robot chef at home? Food and agriculture experts think no is the answer to all of these questions.

Experts in the field predict that the food industry will actually go back to more traditional ways. More and more people around the world **may** go back to old cooking methods such as using wood-burning stoves and pressure cookers. According to chef Jean Francois, this **might** happen because traditional ways of cooking produce more flavourful dishes that are healthier for us. Environmentalists are also in favour of this since it will help to save energy.

In terms of the produce we use in cooking, the expectations are that a large percentage of people will go back to natural plant-based diets away from processed foods and large amounts of meat. Nutritionists are researching the side effects of all the chemicals we consume through canned foods and meals high in preservatives. This **may** change the way people think about food and encourage them to make their own meals and plant their own fruit and vegetables. Scientists now are all talking about 'super foods' that provide near-complete nutrition for humans and these are all available in nature without human intervention.

It is thought that old traditions **might** become more popular. For example, families **may** go back to cooking together. The time invested in creating detailed traditional dishes (such as dishes made in Middle Eastern and Asian cuisines) will provide more wholesome nutrition.

LIVEWORKSHEETS