The UK is considering several measures to help people eat more healthily.



A)

Obesity rates are increasing in the UK. Obesity is estimated to affect around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11, with higher rates among those living in more deprived areas.

B)

The expert, Henry Dimbleby, the founder of a chain of restaurants warned that what we eat, and how it is produced, is doing "terrible damage" to the environment and our health. Poor diet leads to 64,000 deaths a year in England and puts great pressure on hospitals.

C)

The government asked a food expert to come up with some ideas. Mr Dimbleby created the National Food Strategy and presented it to the UK government earlier this week. The strategy included two main ideas. One is a tax on food containing salt and sugar, which the media have called a "snack tax". The second idea is to give vegetables to poorer people for free.

D)

Despite the government asking for the strategy, Prime Minister Boris Johnson is not happy with it. He said he could not support it because he was "not attracted to the idea of extra taxes on hard-working people". Mr Johnson said the strategy could increase the price of snack food by up to 13 per cent. He added that the best way to tackle obesity and to encourage healthier lifestyles was for people to exercise and eat less junk food.

E)

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Mr Dimbleby said: "With the right leadership from the government, it is well within our power to change the system so it makes both us and the planet healthier." He added: "We must now seize the moment to build a better food system for our children and grandchildren."

I. Read each paragraph in the article (A-E). Match them with the most likely subtitle (1-5)

1. Could the “snack tax” be approved in England? ____
2. Statistics ____
3. Another point of view ____
4. Looking for a solution ____
5. Consequences ____

II. Read the whole text and choose the correct answer

1. Who called one of the ideas a "snack tax"?
a) a soda company
b) the media
c) a potato chip company
d) the UK government

2. Who does the article say was not happy with the food strategy?
a) farmers
b) the UK government
c) Henry Dimbleby
d) Boris Johnson

3. What did Boris Johnson was best to fight obesity besides exercise?
a) car-free days
b) medicine
c) seizing the moment
d) less junk food

4. What did the expert say poor people should get for free?
a) taxes
b) the UK government
c) snacks
d) vegetables

5. Who did Boris Johnson not want to pay taxes?
a) the UK government
b) hard-working people
c) snack company CEOs
d) Henry Dimbleby

6. What did Mr Dimbleby say could change?
a) vegetables
b) seizing the moment
c) the system
d) the UK government

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