- **While-reading.** Read the text.

The rise of the Costa Rican health food store

For a country with slogans like "pura vida" and "sin ingredientes artificiales," Costa Rica isn't an easy place to find organic products, hempseeds or gluten free flours. In fact, the average Costa Rican citizen consumes more than six pounds of pesticides in food every year, and more than 20 percent of the population is obese. Ana Victoria Granera Varela, proprietor of the Moravia based "eco-store" Mundo Verde, has joined a growing number of Costa Ricans offering organic food and a corresponding education on more healthy eating in Costa Rica.

"The situation for Ticos right now is that they are realizing that their nutrition has become very bad, so now they are making a conscious movement," Varela says. She's right. Although the market for healthy goods in Costa Rica isn't quite as strong as the U.S. market, it has been growing since the 1990s and is expected to continue.

Having lived in San Francisco, Varela got the inspiration for Mundo Verde when she went to a nearby town called Sebastopol, where local, organic agriculture was popular. "I went to a Whole Foods Market and loved it, and I thought that there wasn't anything as diverse in Costa Rica with local and organic foods. From there I started to look for local producers. I found Feria Verde (in Barrio Aranjuez) and Feria Treque (in Barrio El Carmen) as well, and Mundo Verde came as a result." Having been open for around seven months, the store attracts health junkies who want gluten free flours and super-foods like chia seeds, as well as people looking for local, organic chocolates or jams. In addition to the take-home products, Varela offers fresh organic smoothies, and her family's artisan bakery is across the street. While certain health foods are available at supermarkets like Automercado, the majority of these products are imported from other countries.

Varela mentioned that in addition to supporting local farmers and small businesses, local products often "don't have as many chemicals; they're free of a huge amount of preservatives."

Taken from The Tico Times

- **Post-reading.** Choose the appropriate alternative .

1. According to the text _____.

   A) Ticos have realized they must eat healthy food
   B) Ticos have the best cuisine of the world
   C) Ticos don't like fruits and vegetables
   D) 100% of population love junk food

2. What is a pesticide?
   It's _____.

   A) a substance taken from volcanoes
   B) a substance to mitigate the pests
   C) just another fertilizer
   D) just water with salt

3. Where can Ticos find healthy foods? In _____.

   A) all supermarkets
   B) San Francisco
   C) Feria Treque
   D) Sebastopol

4. A synonym of the word **obese** is _____.

   A) good
   B) thin
   C) tall
   D) fat

LIVEWORKSHEETS