

Food: A fuel or pleasure?

1 READING

a What kind of food or dishes do you associate with these countries?

The United States China France
Italy Japan Mexico

b Read the interviews with **Alice** and **Jacqueline**. Match the questions with their answers.

We talk to women around the world about their relationship with food.

- 1 Is food a pleasure for you?
- 2 What do you normally eat on a typical day?
- 3 Do you ever cook?
- 4 Do you ever eat "unhealthy" food? How do you feel about it?
- 5 Are you trying to cut down on anything at the moment?
- 6 Are people's diets in your country getting better or worse?



Alice Freeman is a lawyer from San Francisco.

A I think people are trying to improve their diets, but they are doing it the wrong way by following diets like the Atkins diet. Personally, I don't think it's very healthy to cut out entire groups of foods like carbohydrates.

B Not very often. I don't have the time or talent to cook full meals. I usually heat up a frozen meal or order takeout.

C Sometimes I get fast food for lunch. I have to admit that I love French fries. I feel terrible about it afterward, but I don't do it very often.

D I usually have a bowl of cereal or toast for breakfast. For lunch I eat at a restaurant near my office. I prefer Japanese or Indian food. I usually eat rice with fish and vegetables, soup, or sushi. I don't eat meat, but I eat a lot of fish. In the evening, I just have something light at home.

E I am trying to cut down on the amount of fat I eat. I'm also trying to eat more whole wheat bread.

F Not really. I enjoy certain kinds of food, but most meals are just fuel to keep me going through the day.

Jacqueline Fabre is an IT consultant from Lyons.

A Yes, I cook every evening for my family. I often make soup or traditional French dishes like *boeuf bourguignon*, which is a kind of beef and red wine stew, and then we have cheese and salad. It may seem a lot, but we don't eat big servings. What's important to me is quality, not quantity.

B Yes, I'm trying to eat less chocolate.

C I think people's diets are getting worse and worse. It's very strange because we have a lot of information now about how bad fast food is for you. I'm afraid it's a problem in a lot of countries.

D Not at home. I think most of the food I cook is healthy. Occasionally when I eat out I have something unhealthy, but it doesn't worry me.

E Yes, definitely. For me good meals with the family make me happy!

F I'm very traditional and I have three main meals a day. For breakfast, I like hot chocolate and bread and butter with honey or jam. For lunch, I often eat in a restaurant with my coworkers. I usually have vegetables and meat or fish, but I love pasta and rice, too. In the afternoon, I have fruit with cookies or a piece of chocolate. In the evening, I have a proper meal with my family.



By Mary Mulyarchik

Read the interviews again and answer the questions below. Write **A (Alice)**, **J (Jacqueline)**, or **B (both of them)**.

in pleasure!

Who...?

- 1 often eats in restaurants _____
- 2 eats quite a lot of sweet things _____
- 3 eats take-out food _____
- 4 cooks big meals at home _____
- 5 enjoys eating _____
- 6 feels bad when she eats fast food _____
- 7 is trying to eat less of something _____
- 8 prefers having good food to having a lot of food _____
- 9 is negative about eating habits in her country _____

Find in the text and match the words or phrases with their definitions

- 1 _____ to have a meal in a restaurant, not at home
- 2 _____ a sweet, thick liquid made by bees
- 3 _____ the quantity you eat of a kind of food during a meal
- 4 _____ to make cold food hot
- 5 _____ food you buy from a restaurant to eat at home
- 6 _____ substance from animals or plants used for cooking, e.g., oil, butter, etc.
- 7 _____ food prepared in a particular way, e.g., sushi, lasagna, etc.
- 8 _____ made from brown flour
- 9 _____ a liquid food, often made of vegetables, e.g., tomatoes, onions
- 10 _____ meat cooked for a long time in liquid, usually with vegetables

ry Mulyarchik