

Fill in the gaps with the verbs in brackets in the present simple or present continuous.

Rainforests **1** (disappear), and we all **2** (know) that humans are the main cause of this destruction. Every year we **3** (cut down) an area of rainforest the size of New Jersey. Every hour we **4** (destroy) 6000 acres of rainforest (that's 4000 football fields). What we **5** (not realise) is that we **6** (destroy) the planet where our children and grandchildren have to live. We **7** (need) the rainforests; they **8** (produce) oxygen and **9** (eliminate) carbon dioxide (CO₂), cleaning the atmosphere.

But why **10** (the forests/disappear) so quickly? Well, experts **11** (agree) that there are two main reasons. The most important is human activity. Big companies **12** (cut down) more and more trees every day and this **13** (cause) damage to the land. The way of life in the rainforests **14** (also/change) because of climate change. Now there is less rain and this **15** (cause) more and more trees to die. As a consequence of the droughts, the risk of fires **16** (increase) dramatically.

Fortunately, it **17** (seem) that now some governments **18** (begin) to understand the problem, and they **19** (try) to control these activities. Some of them really **20** (want) to put an end to this problem, although a few big companies with a lot of power are in their way.

Fill in the gaps with the following words and expressions

mood changer, food expert, carbohydrates, rich in protein, stressful, substances, tiredness, depressed, creamy, feel-good chemicals.

We live in a _____ world, and daily life can sometimes make us feel tired, stressed, or _____. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.

Dr Paul Clayton, a _____ from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain _____ which affect how you think and feel.'

For example, food which is high in _____ can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is _____ makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a _____ sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

Why does chocolate make people less aggressive? First, it causes the brain to release _____ called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night _____ turning into aggression. These two things, together with a delicious taste, make chocolate a powerful _____



Look at the pictures of different types of food. Write the words next to the number into the table.

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.

