

Task 1: Match the words to their definitions.

Paragraph 1

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| 1. reclassified | a. Consider or thought of someone or something in a specified way. |
| 2. overhaul | b. A rule or law made and maintained by an authority. |
| 3. regulation | c. A detailed examination of machinery or a system, with repairs or changes made if necessary. |
| 4. stipulate | d. A person who judges the merits of literary, artistic, musical works, or other things - especially one who does so professionally. |
| 5. regarded | e. Gave something a different grouping, type or sort to the one it had before. |
| 6. starchy | f. Demand or specify a requirement, usually as part of a bargain or agreement. |
| 7. critic | g. Food (e.g. potatoes and rice) being particularly full of a substance that is packed with carbohydrates. |

Paragraph 2

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|-------------------------|---|
| 8. halving | h. The action of giving or supplying something for use. |
| 9. provision | i. Making one want to eat because of the look, smell, taste, etc. |
| 10. saturated | j. Take part or intervene in an activity without invitation or necessity. |
| 11. common sense | k. Having or holding as much as can be taken in or absorbed of something. |
| 12. appetizing | l. Support a cause; defended or promoted something or someone. |
| 13. championed | m. Good wisdom and judgment in practical matters. |
| 14. interfere | n. Dividing into two; reducing the amount of something by 50 per cent. |

LISTEN:

Task 2: COMPREHENSION QUESTIONS

1. What did the U.S. administration overhaul?
2. Which department released the new dietary guidelines?
3. What will pasta made of vegetable flour credit as?
4. What must pasta be made from to be considered a vegetable serving?
5. What did critics joke might also be a vegetable under the new rules?
6. What did the new guidelines halve in children's breakfasts?
7. What did the article say high-calorie food is full of?
8. What did a government official say the guidelines would help to reduce?
9. What is the 2010 act that the guidelines will replace?
10. What did a health expert say industry should not interfere with?

SCROLL DOWN TO SEE THE REST

Task 3: GAP FILL

Pasta has been (1) _____ as a vegetable in U.S. schools. An overhaul of national (2) _____ regulations has resulted in pasta now (3) _____ towards the vegetable requirements in school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules (4) _____ that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not (5) _____ with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other (6) _____, vegetable-based flour. Shocked (7) _____ of the new rules joked that bread could be (8) _____ as a vegetable as that is also made from flour.

Other changes outlined include the (9) _____ of fruit given to children for breakfast and the (10) _____ of a greater selection of burgers, fries, pizza and other high-calorie food that is full of (11) _____ fat and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food (12) _____. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with nutritious and (13) _____ meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was (14) _____ by Michelle Obama. A health expert said: "This makes absolutely no (15) _____. Politics and industry pressure should not (16) _____ with what is best for children's health."

stipulate

starchy

dietary

regarded

counting

critics

reclassified

served

waste

halving

championed

saturated

interfere

appetizing

sense

provision

Tasks 4: Choose the right word and put in the correct preposition.

Pasta has been reclassified *as / has* a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted *on / in* pasta now counting towards the vegetable requirements ____ school lunches *crossed / across* the USA. The new school guidelines *were / was* released ____ the U.S. Department of Agriculture last week. The rules *stimulate / stipulate* that: "Pasta made ____ vegetable flour may *credit / debit* ____ a vegetable, even if the pasta is not *severed / served* with another recognizable vegetable." Pasta can only be *regarded / regard* as a vegetable serving if it is made ____ potato, soy or other starchy, vegetable-based flour. *Smocked / Shocked* critics ____ the new rules joked that bread could be regarded *was / as* a vegetable as that is also made ____ flour.

Other changes outlined include the *having / halving* of fruit given ____ children ____ breakfast and the *provision / provides* ____ a greater selection of burgers, fries, pizza and other high-calorie food that is full ____ saturated *fatty / fat* and salt. The Agriculture Secretary *defended / defensively* the guidelines. He said the new rules would *reduce / deduce* food waste. He said the new policy was necessary because, "a more common-sense *flexible / flexibility* is needed to provide students ____ *nutrition / nutritious* and appetizing meals". The guidelines *reserve / reverse* the Hunger-Free Kids Act of 2010, which was championed ____ Michelle Obama. A health expert said: "This makes absolutely no *senses / sense*. Politics and industry pressure should not *interfere / interference* ____ what is best ____ children's health."

CHECK YOUR ANSWERS! :)