

1 READING

a Read the text. Mark the sentences T (True) or F (False).

- 1 Americans eat more fruit than any other food. F
- 2 Cocoa drinks are good for your health.
- 3 People are buying more soy drinks.
- 4 People are buying less pasta.
- 5 Nuts are good for you.

Taking our diet more seriously



Most people **believe** that health is very important and, because of this, many are trying to eat more healthily. For example, people in the UK are eating less salt and more low fat margarine and milk; fruit is now America's second-favourite snack and Japan is **currently** promoting cocoa because it is a healthy **alternative to** soft drinks like Coca Cola. These changes in eating habits are also having an effect on the food market. **Global** sales are increasing for soy drinks and drinkable yoghurts more than any

other food and sales of bread, pasta, and cereals are **growing** much more slowly. People are also becoming more interested in fresh fruit and vegetables and 'farmers' markets' are **getting** more popular throughout Europe. When they can, people often **opt for** 'natural goodness', and they're buying more products that are healthy, like fruit, salads, and nuts. They are also buying products that help to **protect** the environment, like organic vegetables. So it's clear that things in the food world will never be the same again.

b Match the **highlighted** words to a word with a similar meaning below.

1 worldwide	<u>global</u>
2 think	<u></u>
3 now	<u></u>
4 becoming	<u></u>
5 choose	<u></u>
6 a substitute for	<u></u>
7 getting bigger	<u></u>
8 look after, keep from danger	<u></u>

c Complete the sentences with the **highlighted** words from the text.

- 1 Many vegetarians eat soya as an alternative to meat.
- 2 Some people believe that all ready-cooked meals are unhealthy.
- 3 The number of people buying organic vegetables is growing in many countries.
- 4 The UK government is studying how to encourage people to change their eating habits.
- 5 In the US and Europe, many children are getting fatter because of their bad diets.
- 6 Many people choose a change in diet because it makes them feel better.
- 7 A balanced diet can help to protect you from illness.
- 8 Unhealthy eating is now a problem: not just in the US and Europe.

2. Writing:

Write a PARAGRAPH about Food, base on the questions below:

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

3 VOCABULARY food and restaurants

a Complete the sentences with a word from the list.

home-made meal raw spicy diet chicken
steak takeaway meat frozen

- 1 His diet is terrible: he eats too many sweet things.
- 2 Strict vegetarians don't eat or fish.
- 3 vegetables have more vitamins than when they are cooked.
- 4 I love food but I don't have much time to cook.
- 5 She likes her well done.
- 6 I'm very busy so I often just buy a meal and heat it up in the microwave.
- 7 Our biggest of the day is usually lunch.
- 8 She doesn't like Mexican food because it is too .
- 9 Our typical Sunday lunch is roast , I especially like the wings.
- 10 We often buy food on Fridays – either

b Label the pictures.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____

Ginny English & Art

