

Food and diet.

Task 1. Complete definitions and sentences 1 – 12 with words and expressions from the box. You will not need all of the words and expressions from the box.

allergy *allergic* *anorexia* *balanced diet*
bulimia *calcium* *calories* *carbohydrates*
cholesterol *consume* *consumption* *diabetes*
diet (noun + verb) *eating disorder* *exercise* *fast food*
fat *fat farm* *fiber* *food group* *food intolerance*
food poisoning *free range* *genetically modified (GM)*
harvest *health food* *heart disease* *junk food*
listeria *malnutrition* *malnourished* *minerals*
monounsaturated *nutrition* *nutritious* *obese*
obesity *organic* *overweight* *protein*
salmonella *saturated* *scarce* *scarcity*
underweight *vegan* *veganism* *vegetarian*
vegetarianism *vitamins*

1. _____ are the parts of fruit, vegetables and grains that your body cannot digest, and helps food to pass through your body. _____ is the oil found in food, and there are three main types of this: _____, polyunsaturated, and _____.

2. _____ are units used for measuring how much energy you get from food. _____ is a substance found in food such as eggs, milk, and meat that people need in order to grow and be healthy. _____ is a white chemical element that is an important part of bones and teeth, and is found in food products such as eggs, milk, and cheese. _____ are found in foods such as sugar, bread, and potatoes, and supply your body with heat and energy.

3. People who weigh more than they should often go on a _____ to help them lose weight. Some of them may go to a _____, an informal expression for a place where people can go to try to lose weight by eating in a healthy way and doing lots of _____.

4. _____ food is food which is produced without using artificial chemicals. _____ food is food produced from animals which are allowed to move around and feed naturally. _____ food is food that has been produced from a plant or animal that has had its gene structure changed in order to make it more productive or resistant to disease.

5. People who eat too much, or who don't eat enough (often because they think they look fat), suffer from a medical condition known generally as an _____. Examples of this include _____ and _____.

6. A _____ is someone who doesn't eat meat. A _____ is someone who doesn't eat meat or other products derived from animals (including cheese and milk).

7. _____ is food that is made very quickly, especially food like burgers and pizzas that you can take out. It is sometimes called _____, because it is often not very healthy or _____.

8. Someone who is heavier than they should be is _____. If they are a lot heavier than they should be, they are _____. The noun is _____. This can result in _____, cancer, _____, and many other serious illnesses.

9. E-coli, _____, and _____ are three kinds of _____.

10. Meat, vegetables, and dairy products are three of the main _____.

11. If you eat a _____, you eat the correct amounts of the right sorts of food; you do not eat too much of one particular sort of food.

12. People who have a _____ are unable to eat certain kinds of food because it has a negative effect on them (although it will not affect them seriously). People with an _____ to certain kinds of food must avoid them, as the effects may be much more serious (for example, if someone who is _____ to peanuts eats something with peanuts in, it might kill them).

Task 2. Complete this essay with appropriate words and expressions from the box in Exercise 1. You may need to change the form of some of the words.

“Despite the huge variety of foods in our supermarkets, it is becoming increasingly difficult to eat a healthy diet. Do you agree? Support your opinion by using specific reasons and examples.”

Most children enjoy eating (1) _____, but scientific tests have shown us that burgers and pizzas can lack essential (2) _____ and (3) _____ which are essential for health and growth, while simultaneously containing large amounts of (4) _____ and (5) _____ which can result in obesity and heart problems. Many children end up suffering from (6) _____, since they eat too much of the wrong sort of food. In fact, in many areas of the developed world, a lot of children show similar symptoms to those in poorer developing countries, where (7) _____ of food causes thousands of deaths from starvation, especially in the wake of natural disasters which ruin crops and in some cases totally destroy the annual (8) _____.

Dieticians tell us that we must eat a (9) _____, as it is essential we consume sufficient quantities of the different food groups. They tell us that we should all eat more (10) _____, which cannot be digested by the body, and fewer foods which are high in (11) _____, as this can block the walls of arteries and lead to heart problems. This is good advice, of course, but our lifestyles often make this difficult. Many of the ready-prepared foods we buy from supermarkets are high in (12) _____, giving us more energy than we actually need. (13) _____ foods are appearing on our supermarket shelves, even though nobody is really sure if altering the composition of food cells is safe. We have the option, of course, of buying (14) _____ foods, but naturally-cultivated fruits and vegetables are expensive. And to make matters worse, we are continually hearing about outbreaks of (15) _____ and (16) _____ which put us off eating certain foods, as nobody wants to spend time in hospital suffering from (17) _____.

A few things to watch out for next time you go shopping. If you have the time and the money, that is!