

Presenter Next in our list of things which you thought were bad for you is chocolate. Jane, our food , is going to tell us why actually it can be good for us.

Jane Well, there have been a lot of studies recently about chocolate. Remember, chocolate is something that been eating for hundreds of years, it's not a modern invention. And the studies show that chocolate, like red wine, antioxidants. In fact chocolate has more antioxidants than wine. These antioxidants can protect us against illnesses like heart disease.

Presenter Really?

Jane Yes, but, and this is very important, all the good antioxidants are only in dark chocolate. So don't eat milk chocolate or white chocolate – they aren't healthy . And of course you also need to remember that although dark chocolate is good for you, it contains quite a lot of calories, so if you're about your weight, don't eat too much. One or two pieces a day is enough.

Presenter Great news for me because I love chocolate! And now to Tony, our TV journalist. Tony, newspaper are always telling us about studies which say that we watch too much TV, that we spend too much time sitting in front of the TV and that as a result we don't do enough exercise. They also say that watching TV makes us stupid. Is this all true Tony?

Tony Well, it's almost certainly that we watch too much television, but it probably isn't true that watching TV makes us stupid. I've just finished reading a book by a writer, Steven Johnson, called *Everything bad is good for you*. One thing he says in his book is that modern TV series like *The Sopranos* or *House* or *Mad Men* are more intellectually stimulating than TV series were 20 years ago. He says that these shows are and very clever and that they help to make us more intelligent.

Presenter Well, I can believe that, but what about reality shows that are so popular on TV. I can't believe that these are good for us.

Tony Well, Steven Johnson says that we can even learn something from reality shows – he says this kind of programme can teach us about group psychology, about how people when they're in a group.

Presenter Well, thank you, Tony and Jane. So now you know what to do this evening. You can sit down in front of the TV with a box of dark chocolates...

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	