

## CAN YOU UNDERSTAND THIS TEXT?

- a Read the article once. Then read it again and choose a, b, or c.
- A survey showed that Americans \_\_\_\_\_.
    - eat 15 percent more junk food than healthy food
    - eat the same amount of junk food as healthy food
    - eat too much junk food
  - Americans have unhealthy diets because \_\_\_\_\_.
    - they eat cheap food
    - they think healthy foods are expensive
    - they think cooking at home is expensive
  - Americans can make their diets better, if they \_\_\_\_\_.
    - spend a lot of money
    - cook more often at home
    - never eat fast food
- b Look at the **highlighted** words or phrases in the text and guess their meaning.

# The unhealthy American diet

The US has a problem with **obesity**, and **the government** says we need to have healthier diets. **However**, American shoppers are continuing to fill their supermarket **baskets** with unhealthy food.



A **survey** showed that more than 30 percent of **calories** Americans eat comes from **junk food**—food high in salt, sugar, and fat. And nearly 15 percent of Americans eat a fast-food meal every day (e.g., a hamburger, French fries, and a soda).

Children have a problem, too. Scientists say that children born today can die before their parents because of obesity and unhealthy food choices by their families.

Why do Americans have unhealthy diets? There are many reasons, but money is the main one. Americans think that healthy foods are more expensive than **packaged foods**. They also think it takes a long time to cook a healthy meal.

So, how can Americans make their diets better? They can stop eating fast food and cook more often at home. They can bring healthy lunches to work or school, and they can have fruit for snacks during the day.



## CAN YOU UNDERSTAND THESE PEOPLE?

**5 24** **On the street** Watch or listen to five people and answer the questions.



Yvonne



Cecile



Joel



Reed



Arja

- Yvonne doesn't eat much \_\_\_\_\_.
  - fruit
  - sugar
  - salt
- Cecile cooks excellent \_\_\_\_\_ food.
  - Italian
  - Indian
  - Indonesian
- Joel likes Barcelona because there are a lot of \_\_\_\_\_.
  - great stores
  - great buildings
  - great beaches
- Reed is going to stay at his \_\_\_\_\_'s house in Los Angeles.
  - aunt
  - friend
  - family
- When Arja compares the US to her country she doesn't mention \_\_\_\_\_.
  - the food
  - the buildings
  - the weather

## CAN YOU SAY THIS IN ENGLISH?

Do the tasks with a partner. Check (✓) the box if you can do them.

Can you...?

- ☐ say what you usually have for breakfast
- ☐ compare your country with the US in three ways
- ☐ ask your partner four questions with the superlative of the **bold** adjective
  - What's \_\_\_\_\_ present you've ever bought? **expensive**
  - What's \_\_\_\_\_ movie you've seen this year? **good**
  - What's \_\_\_\_\_ vacation you've ever had? **bad**
  - What's \_\_\_\_\_ place you've ever been to? **cold**
- ☐ ask your partner what he / she is going to do
  - tonight
  - tomorrow
  - next weekend