Exercise 10

Read about how attitudes to diet and health have changed over time. Choose the correct words and phrases to complete the sentences.

Nowadays, nearly all/most adults understand what a healthy diet should contain. This is because/largely thanks to the fact that more nutrition/nutritional information is available. This is a huge improvement on the situation 50 years ago, when few/many knew what to eat and drink to keep healthy. Today, the majority/whole of people say that eating lots of fruit and vegetables, as well as/in particular doing regular exercise, is an important part of a healthy lifestyle. Because of this/That said , many people still say they would like to improve their diets and a number of/much of studies show that the global obesity rate has actually increased over the last 50 years. One reason for this is that more and more people are becoming addicted/addictive to junk food. While there is a lot of information about the negative affects/effects of fatty foods, it is up to individuals to ensure that their own diets remain balanced and healthy.

LIVEWORKSHEETS