

Unit 3: Food

Match the words in column A with the definitions in column B.

A	B
(1) beverage	(a) a waxy substance in your blood, too much of which can be harmful
(2) overweight	(b) food that has been made different in some way by changing its DNA
(3) cholesterol	(c) fat; obese
(4) genetically modified	(d) a drink
A	B
(1) vitamins	(a) essential organic compounds that the body needs in small amounts to stay healthy
(2) balanced diet	(b) eating the right amount of different types of food to stay healthy
(3) organic	(c) grown naturally, without the use of artificial fertilizers, pesticides, or chemicals
(4) vegetarian (n.)	(d) a person who does not eat meat or fish

A	B
(1) malnourished	(a) important substances necessary for good health
(2) nutrients	(b) a greasy solid found in meat and plants that provides energy in your diet; eating too much of it can be harmful
(3) snack (n.)	(c) underfed; not having enough to eat or enough of the right kinds of food which provide the necessary nutrients
(4) fat (n.)	(d) a small amount of food eaten between regular meals

A	B
(1) canteen (BE)/ refectory (BE)	(a) a serving; the amount of a specific food deemed suitable for one person
(2) obesity	(b) the amount of energy that food will produce; if you eat too many you will get fat
(3) calorie	(c) a situation where people are extremely fat/ overweight
(4) portion	(d) an eating place at work or university/college

A	B
(1) protein	(a) food that you can get very quickly, such as hamburgers and pizza
(2) carbohydrate	(b) a naturally occurring substance found in food that gives you energy
(3) confectionery	(c) a substance found in meat, fish, eggs, and beans which is an essential part of one's diet
(4) fast food	(d) sweets and chocolate
A	B
(1) allergy	(a) an intolerance to a particular type of food which causes an adverse reaction when eaten
(2) have a healthy appetite	(b) to have the desire to eat a good amount of food
(3) food poisoning	(c) when you become sick as a direct result of eating contaminated food
(4) minerals	(d) naturally occurring, important substances in food, such as calcium and iron

Complete the sentences below with a word from this unit. You may have to change the form of the word so that it fits into the sentence grammatically.

1. She became a _____ when she was very young; she stopped eating meat because she was worried about the welfare of animals.
2. _____ is a big problem in most countries and is caused by a poor diet, overeating and a lack of exercise.

3. People should eat a _____ vegetables and not too much meat.
_____, including a lot of fruit and
4. Poor food hygiene can cause _____, the symptoms of which include diarrhoea and vomiting.
5. It is not a good idea to eat too many _____ between meals.
6. During a famine, many people are _____, as there is not enough food to go around.
7. It is not a good idea to eat too much _____, such as burgers and pizza.
8. It is recommended that people eat at least five _____ of fruit and vegetables every day.
9. The _____ at work has affordable, subsidised food.
10. If you are _____, you should go on a diet, as weighing too much is very bad for your long-term health.
11. Citrus fruit, such as oranges and lemons, is a good source of _____ C and other essential nutrients.