

4 Find these words and phrases (1–8) in the text and Ex 3 and match them with the meanings (A–H).

1 weird (para 1)	A the need people have to buy goods or services
2 in reality (para 2)	B the foods you use to make a particular dish
3 demand (para 3)	C be affected by
4 manual (para 3)	D different from what people think
5 pick up (para 3)	E foods that are needed by the body
6 ethical (para 4)	F strange and unusual
7 ingredients (sentence B)	G morally correct and right
8 nutrients (sentence G)	H using your hands

5 Complete the sentences with words from Ex 4.

- 1 There are almost no in chocolate, so you should only have it as a treat.
- 2 A lot of people think organic food is extremely expensive, but , the prices aren't too high.
- 3 That vegetable looks really What on earth is it?
- 4 I think I've the illness from something I've eaten.
- 5 We've stopped selling organic food as there is no for it in this area – people grow their own!
- 6 What are the in Spaghetti Bolognese? Does it have tomatoes in it?
- 7 I wasn't looking forward to helping Dad dig up the garden, but after a morning of work I feel great!
- 8 Sheila decided that she would become a(n) shopper to help protect the environment.