



The mediterranean diet

SKIMMING

1. What kind of text is this?
 - a) A quiz
 - b) An infograph
 - c) An article



CONTEXT CLUES.

Match the underlined words with the next meanings.

2. a diet that has few animal products _____
3. the food that you serve or eat at one time _____
4. products that are made from milk _____
5. sweet food that you eat after your main meal _____
6. a plant used for adding flavour _____
7. a substance made from a plant to add flavour _____
8. a small quantity of food that you eat between meals _____
9. type of cake that is usually round, hard and sweet _____

UNDERSTANDING DETAILS

10. Where is the Mediterranean diet from?	12. This diet is based on
a) Asia	a) Meat
b) America	b) Fruit
c) Europe	c) Plants
11. According to this diet, you should eat more	13. In this diet you
a) dairy products	a) drink a lot of water
b) seafood	b) eat a lot of potatoes
c) pasta	c) use a lot of salt

Choose true or false.

14. Never eat sweets and meat.	True	false
15. It's important to work out.	True	false
16. Eat fish two times a week.	True	false
17. Never eat meat.	True	false
18. Eat healthy snacks	True	false
19. Use butter instead of olive oil.	True	false
20. Eat more bread than chicken.	True	false