Task 3 – Önálló témakifejtés

TRACK 70

These pictures show **different types of food**. Compare and contrast the pictures. You will have to speak for 4-5 minutes. Include the following points:

- healthy and unhealthy food,
- advantages and risks of eating healthy or junk food,
- your eating habits.



It is important to have a healthy diet. This means that we have to make sure we get the right kinds of foods and drinks. A [redacted] diet should contain three main groups of food. The first group is carbohydrates. We can find them in foods like bread, potatoes and rice. These foods give us energy. The next group is [redacted] which are usually found in milk, meat and fish. They are essential for the human body because they help to build new cells and repair old ones. The third group includes [redacted] which give us energy but not as quickly as carbohydrates. We can't stay totally away from eating fattening foods such as fast food, pizza but it's a good idea to reduce the amount of fat that we eat.

Besides these foods we need vitamins and minerals. We need to pay attention to what we eat and should find a balance. We should eat a [redacted] of foods from the basic food groups: plenty of [redacted] products, fruits and vegetables, less meat, fewer [redacted] products, and only a small amount of sweets and fat.

Unfortunately these days it is not always easy to eat healthy food. Mass-produced food is often full of chemicals, [redacted], artificial colours, and artificial flavours. Another problem is that people are busy and don't have time to cook their own food. Therefore they choose partially prepared food or ready-to-cook food that we can also call [redacted]. This way people save time because it doesn't take hours to prepare lunch. In fact junk food is often tasty and delicious. What's more it doesn't cost a lot of money. However, junk food contains a lot of sugar and salt. So eating a lot of it may cause serious health problems such as [redacted], diabetes, and heart disease.

I try to eat healthy therefore I follow some rules. For example I have breakfast every morning because it gives me energy and helps me think. I drink plenty of water, tea or green tea, sometimes fruit juice. I also eat vegetables like cabbage, broccoli, [redacted], carrots, and tomatoes. I try to choose some fresh fruit every day. Bananas, peaches and strawberries are my favourites. When I eat meat I rather have fish or white meat such as chicken or [redacted] instead of red meat such as beef. I try to limit sweets and [redacted] drinks that contain a lot of sugar. I must admit that I love fast food, for example hamburger and French fries but I only eat them three or four times a month. I hope that if I continue a balanced diet, it will help me to live a healthy life.

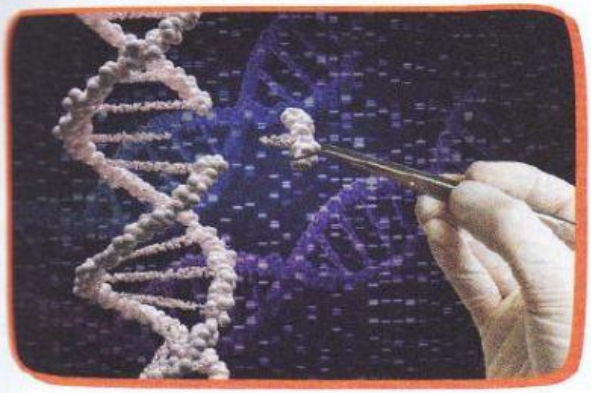
Individual long turn

TRACK 10

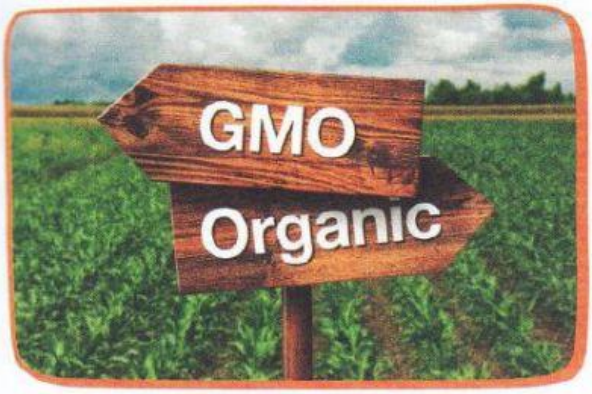
These pictures are related to **feeding humanity**. Look at the pictures and speak about the **advantages and disadvantages of GM food**. When you have finished talking, the examiner may ask you a few questions.













Some parts of the world are repeatedly affected by food shortages and widespread . About one in nine people in the world do not have enough food to lead a healthy active life. Poor causes nearly half of deaths in children under five. Hunger does not only mean the lack of access to food, but also to essential nutrients. modified food could be a solution to the problem of world hunger. Genetic modification is usually done to increase the overall food production. GM have the ability to produce bigger yields, so it is easier to harvest more crops on a smaller piece of land with GM crops than with normal crops. Also, GM foods are engineered to include additional nutrients that may offer additional health benefits. Due to the genes added to GM crops, they need much fewer resources such as water and other soil nutrients, so they can conserve energy, soil and water resources. GMOs also have a positive on the environment since they improve the soil quality. Moreover, GM crops are more to pests and weeds. That means farmers have to apply fewer pesticides or herbicides to their crops, which increases the health benefits of the food. The additive genes can also help reduce some of the allergies that different food can cause. This may help further improve the health benefits of the crop.

However, there is a strong to the widespread use of GM food, saying that they have undergone little rigorous and no long-term safety testing, so we do not have a clear picture of the long-term consequences of GM food. Genetic modification can incorporate foreign genetic material from viruses to bacteria into crops, with consequences. For example, some of the additive genes in these crops may end up causing resistance to antibiotic treatments and this may result in some health issues with the human body. The genes used in GMOs may sometimes end up in the soil or get into other crops that grow in the same soil. This may the growth and production of these crops. GM food is sometimes consumed by animals. When this happens, it may end up affecting the composition of the animal protein that may negatively affect human health. The additives may also find their way into weeds. This may create resistant weeds that refuse to go away. The modified genes in the food may sometimes affect the original taste of the food.

Questions

1. What do we mean by world hunger?
2. What are the possible consequences of hunger and malnutrition?
3. What is the main reason for the genetic modification of crops?
4. What other benefits of genetic modification can you think of?
5. Why is there a strong opposition to genetic modification?
6. What are some possible dangers of consuming GM food?
7. How can GM crops affect animals and other plants?