



Task 1. Read and fill the gaps in the chart

*fizzy toxins fiber burning deposits wholemeal effects artificial
herbal cholesterol downfat processed coated detox*

Healthy	Unhealthy
oily fish (e.g. salmon)	sugary foods (e.g. _____ drinks)
fruit and nuts	food with a high fat or high salt content ⁵
_____ bread	_____ food
diet rich in _____	diet rich in _____
balanced daily diet	25 juice _____
supplements	_____ sweeteners
_____ extract	_____
Fat _____	Fat _____
revitalization	side _____
to break _____	to clog
antioxidants	_____ tongue

Task 2. Fill in the gaps in a short article.



Some foods are considered to be **superfoods** - foods that may prevent diseases and improve mental as well as physical health. Superfoods include:

- Blueberries: may improve short-term memory and slow the ageing process.
- Apples: a good source of vitamin C; they can also **lower ch** _____.
- Spinach: high in vitamin A; it can **b** _____ **the immune system**.
- Vegetable juice (especially tomato): can **d** _____ **against** heart disease.
- Mediterranean diet: has benefits for heart health, helps in managing diabetes and **in** _____. Foods like olives, nuts, avocados, and fish: contain unsaturated fats and help to **un** _____ your arteries.



Task 3. Read the article about food trends, fill in the gaps.

2023 Food Trends

Plant-Based Eating: Addressing Both Sustainability and Food Waste

More and more products are becoming mainstream to appeal to those who recognize the benefits of going plant-based not only for the body but for the health of the planet. Plant foods are nutrient-dense, which means they pr_____ an abundance of nu_____ relative to their calorie cost. Fruits, vegetables, beans, and whole grains are terrific sources of vitamins, minerals, and phytonutrients, and they're naturally ch_____-free. Most also contribute a fair amount of f_____, which helps to improve gut health to keep your digestive tract running smoothly, which can b_____ immunity and reduce inf_____.

Double-Duty Nutrition

Another trend we're seeing is growing demand for products and food items that target multiple dimensions of wellness. Consumers are becoming savvier about nutrition and, in turn, more proactive in their healthcare, so they are looking for ways to en_____ their health through functional foods. Nutrient-rich fruits, vegetables, nuts, seeds, and whole grains are considered functional foods.

As an example, today's consumers are looking for products that fac_____ both physical and mental health. This includes items like herbal teas and h_____ extracts that offer great flavor but may also have calming effects or pr_____ better sleep.

Gut-Friendly Foods

Consumer interest in fueling a healthy gut microbiome will continue to escalate in 2023. A diet rich in prebiotic fibers helps b_____ the growth of good bacteria (probiotics) in the digestive tract and helps fa_____ the proper balance of microbiota in the system. Considering that most Americans eat less than half of the recommended 25-38 grams of fiber per day, including plenty of higher-fiber foods (and sup_____, if necessary) can provide a wealth of benefits. Probiotics are found naturally in foods like yogurt, kefir, tempeh, miso, and fermented pickled veggies.

Additionally, expect to see more products for specific digestive issues—for example, even more gluten-free products than ever before, and products designated as appropriate for a low-FODMAP plan.

Individuals with diagnosed gluten intolerance (celiac disease) must avoid all gluten; however, many people also seek out gluten-free foods to reduce their grain intake.

A low-FODMAP diet is often recommended for individuals who suffer from irritable bowel syndrome—the most common digestive disorder in the U.S., which can cause stomach pain and bl_____. FODMAP stands for “fermentable oligo-, di-, and monosaccharides and polyols” and refers to certain carbohydrates that are difficult for many to digest and consequently leading to indi_____.



Task 3.1. ▶▶ Watch a guide on “How to eat healthy”. Answer the test questions.

1. Which type of food is the least healthy choice?
 - A. canned foods
 - B. fresh foods
 - C. frozen foods
2. True, false, or we don't know? 'Low-fat' or 'zero-calorie' foods are a healthy food choice.
 - A. false
 - B. the video doesn't say
 - C. true
3. How many portions of fruit and vegetables should you eat a day, at minimum?
 - A. five portions of fruit and five portions of vegetables
 - B. the video doesn't say
 - C. five portions of fruit and vegetables
4. Which of these is not an official serving size?
 - A. half a cup of raw carrots
 - B. a large apple
 - C. a cup of cooked cabbage
5. True, false, or we don't know? People who multitask while eating tend to eat less.
 - A. the video doesn't say
 - B. false
 - C. true



Task 3.2. Listen and complete the gaps in the podcast.



Mary Lou Reed: Well, any time food has changed from its original form, it's _____. This includes processes such as freezing, drying or bottling. As a food is processed, important vitamins and minerals are removed and replaced with _____ and other _____ to extend the shelf-life.

Mary Lou Reed: What we should do is avoid _____ processed food. This type of food has added salt and sugar to _____ the taste. Often there's so much salt added that one portion can equal your daily dietary allowance.

Mary Lou Reed: It's best to check on _____ labels or scan the ingredients. And be careful with non-meat options. A recent study found that some fast-food _____ options have more salt than a regular burger.

Mary Lou Reed: There are a lot that may surprise you, such as cookies, crisps, tinned and packaged soups, sugared cereals, fish sticks, hot dogs, frozen pizza, TV dinners, _____ bars and _____ drinks.

Mary Lou Reed: Think of how your grand-parents prepared food. It was much _____ vitamins than many of today's choices.



