

Caveman power!

In the modern world, our food comes from farms. We eat a lot of rice and wheat (in pasta, bread, etc.) because it's easy to grow. And from farm animals, we get meat and dairy products. But some people believe that this modern diet is not good for the human body: they prefer a 'caveman diet', from the days before farms.

People who follow the caveman diet don't eat 'modern' things like bread, processed food, potatoes and dairy products. So what can they eat? Well, nuts, seeds and fruit are OK. A lot of vegetables are OK too. And they can eat meat and fish.

But the caveman diet is not just about the type of food – it's also about the way you eat it. Forget breakfast, lunch and dinner – you now have six small meals a day. And you eat them with your hands!

2 Are the sentences T (true) F (false)

1 We eat a lot of wheat today because it's good for our health.

2 People choose the caveman diet because they don't like meat.

3 People on the caveman diet don't eat bread because it's a modern food.

4 On the caveman diet you can eat fish, but not fruit.

5 The caveman diet tells you what to eat and how to eat.

6 People on the caveman diet have six large meals a day.