

## CLASSWORK UNIT 2 LESSON 4

A Read about the results of a survey about gluten-free diets. Circle the questions that the survey asked. Answer the questions you circle.

Gluten-free diets seem all the rage nowadays. You can see gluten-free foods in supermarkets and restaurants. News about the gluten-free diets of movie stars and professional athletes is all over social media. But what do people really know about gluten-free foods? Our survey results have some surprises.

A majority of the people who responded said that being on a gluten-free diet improves physical or mental health. About 22 percent said they buy gluten-free products or try to avoid gluten.

A quarter of the people in the survey thought that gluten-free foods have more nutrients than food with gluten. The truth is just the opposite.

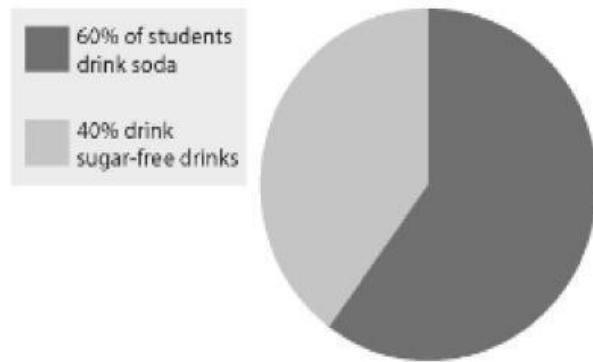
More than a third of the people interviewed thought that a gluten-free diet will help them lose weight. However, there is no research that proves this to be true. In fact, studies have shown that gluten-free diets can increase the risk of becoming overweight.

- 1 Does being on a gluten-free diet improve physical or mental health?
- 2 Do you buy gluten-free products or try to avoid gluten?
- 3 Is gluten-free food less expensive?
- 4 Do gluten-free foods have more nutrients than food with gluten?
- 5 Will a gluten-free diet help you lose weight?

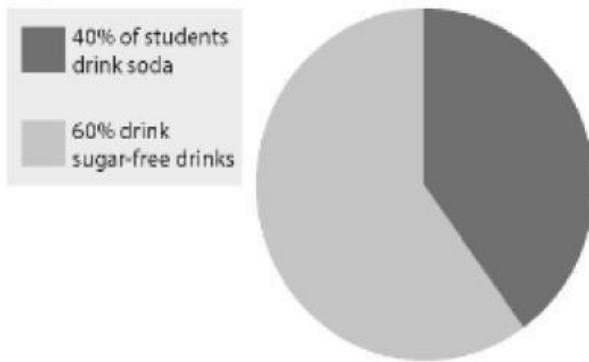


A Look at the charts from a college survey on what students drink. What trends do they show?

Students who drink soda vs. sugar-free drinks – 2010



Students who drink soda vs. sugar-free drinks – 2015



B Write a short report about the survey results. You can use the phrases below. Make sure you include numbers from the chart.

gain/lose popularity      be trendy      be on the way out      be a thing of the past  
be the next big thing