

1. Complete this table using these words.

<u>UNPROCESSED FOOD</u>	<u>SEMI-PROCESSED FOOD</u>	<u>PROCESSED FOOD</u>	<u>ULTRA-PROCESSED FOOD</u>

2. True or false. Correct the false sentences.

- a) Semi-processed changes food from its natural state when substances are added (salt, sugar, oil ...). _____
- b) Ultra-processed food contains hardly any food in its natural state. All the ingredients are processes and they have additives in them. _____
- c) Organic farming doesn't use pesticides, fertilisers or any chemical substances. _____
- d) Sustainable farming damages the Earth and the natural resources of the planet. _____

3. Order the stages of the food distribution process.



- a. Retail
- b. Manufacturing
- c. Farming
- d. Consumption
- e. Distribution

4. Read the definitions of diseases and match the sentences.

1. The carbon dioxide footprint indicates...
 - a. The amount of water.
 - b. The amount of greenhouse gases.
 - c. The amount of pesticides.

2. The water footprint tells us how much ...
 - a. The amount of water released into the atmosphere.
 - b. The amount of water you use every day.
 - c. The amount of water to make a product.

3. Which option reduce the impact in the environment.
 - a. Buy all food in a supermarket.
 - b. Buy seasonal food in the local grocery.
 - c. Buy non-seasonal food.