

HEALTH AND ENVIRONMENT

4. Match the adjectives to the nouns to make up different food names. Which of them are healthy/junk? Complete the sentences below using the names of food you've made up.

Adjectives	Nouns
takeaway / fatty / ready-made / frozen / processed / canned / fresh / fizzy	food / pizza / dish / meat / ravioli / tuna / fish / drink

- _____ may taste good when you are very thirsty, but they often have a high sugar content.
- My sister usually buys _____ for dinner – it is so convenient.
- _____ can contain artificial colours to make them look more attractive.
- Pork is a type of _____ and it is unhealthy food.
- I prefer to eat a _____ for supper, because I am on diet.
- I am going to eat _____, because I don't want to cook today.
- Eating _____ has the effect of increasing your protein take.
- My friend likes to order a _____ online, because it's easier and faster.

READING

5. Do you think it is useful to diet? What are the reasons people go on a diet? What kinds of diet do you know? Have you ever tried any? Read the article and express your attitude to this kind of ration.

A raw food diet is actually nothing new. 1) _____. The raw food diet, often called raw **foodism** or veganism, is composed of mostly or completely raw and **unprocessed food**. Raw food is anything that has not been prepared, canned, or chemically processed, and has not been heated above 48°C. The diet allows several alternative preparation methods, such as juicing, blending, dehydrating, soaking. The raw food diets are usually **plant-based**, including mostly nuts, grains, seeds, fruits, and vegetables. However, some people also consume raw eggs and dairy products, but everything has to be eaten in its natural state.

People who support this diet believe it to be ideal for overall good health. 2) _____. If you exclude processed food, you avoid excessive fats, which are some of the main causatives of in weight gain and heart disease. The raw food diet may also give you more energy since uncooked food is full of live **enzymes**, nutrients, and vitamins that are easily digested by your body. Eating raw food also requires less of your body's fluid for **digestion**, promoting better **hydration**. Other reported benefits of eating the raw food diet are lower blood pressure, a stronger immune system, less **fatigue**, and improved skin tone. It can also lower your chance of stomach cancer and **stroke**, and stop the progression of kidney disease.

Health experts and **nutritionists** also warn us against the raw food diet as it may lead to some negative effects on our health. If you're on the raw food diet, you may miss essential nutrients such as zinc, iron, calcium, vitamin B12, and vitamin D. 3) _____. It is also known that cooking red-coloured vegetables such as tomatoes increases **lycopene**, which strengthens the immune system, fights cancer, and lowers the risk of heart disease. Live or uncooked food may make a person ill and could lead to other complications such as food poisoning. People with a weak immune system are the most sensitive to foodborne illnesses.

There is no perfect diet out there. The raw food diet is good for the short term, as it contains low-calories, a good quantity of healthy food choices, and is **filling**. 4) _____. You may follow the raw food diet for a short term to lose weight and then slowly move to a healthy, more traditional diet.



6. Choose from the sentences below the one which fits each gap. One sentence is extra.

- 1) One of the main advantages of eating a raw food diet is weight loss.
- 2) But it is a type of diet that is very hard to sustain in the long term.
- 3) The raw food diet has been around since the 1800s, but it has gained a lot of popularity in recent years.
- 4) Therefore, you need to take extra vitamins in capsules or tablets.
- 5) This can increase the wellness and health of the body's cells.

7. Match the following words to their equivalents in colour from the text.

*water level / pure / brain attack / dressing / tiredness / metabolism / foodie /
dieting expert / ferment / red pigment / natural*

GRAMMAR

Grammar bank

QUANTIFIERS: COUNTABLE & UNCOUNTABLE

Great in number		Small in number	
Countable	Uncountable	Countable	Uncountable
MANY is used with plural nouns: <i>E.g: How many calories does this dish contain?</i>	MUCH is unusual in positive sentences: <i>E.g: We didn't spend much money. BUT NOT a lot of</i>	FEW means "not enough" and is used in negative sentences: <i>E.g: There are only few biscuits left.</i> A FEW means "some", "a small number" and is used in positive sentences: <i>E.g: We still have a few biscuits left.</i>	LITTLE means "not much" and is used in negative sentences: <i>E.g: There is little milk, we need more.</i> A LITTLE means "some", "a small number" and is used in positive sentences: <i>E.g: Pour in a little milk and boil for 3 more minutes.</i>
A LOT OF (formal)/ LOTS OF (informal) mean "many" or "much" and are used before nouns in both singular and plural forms: <i>(a lot of water, lots of onions, plenty of rice)</i>			
NOTE! (hardly) any , some , no are good for both countable and uncountable nouns. much and many are mostly used in negative and interrogative sentences, and are not so common in affirmative clauses where we tend to use a lot of , lots of .			

8. Choose the best options to complete the sentences. In some both are possible.

- 1) There aren't *many/much* sport facilities in the centre of Oxford.
- 2) Eating out is expensive here. There aren't *any/some* cheap restaurants.
- 3) Liverpool has *many/lots of* great nightclubs.
- 4) Not many children like vegetables, very *few/little* of them eat squash.
- 5) Hurry up! We only have *a little/few* time to have a bite before the coach leaves.
- 6) We saw *some/a little* of street food scene when we went to France.
- 7) There are *a few/some* shops in the city centre.
- 8) I'm sorry, I can't pay for your lunch. I have *little/any* money.
- 9) It's a very nice cafeteria. There are many/a lot of delicacies here every day.
- 10) People don't eat *any/much* cheese in this country.
- 11) There were *no/a lot of* fresh fruit and vegetables in the market.
- 12) I always add *much/little* salt to my dishes.
- 13) Luckily I have never been in bad health and had *no/few* medical problems.
- 14) Are there *a lot of/plenty of* good players at your football club?
- 15) How *much/many* bottles of soda are there in the fridge?
- 16) I've unfortunately had *a lot of/many* headaches already because of stress.
- 17) I always put *much/plenty of* salt in my food.
- 18) It's a great pity, but the hospital has little medicine. They can't help *many/much* people.