

## Listening Ex. > You Are What You Eat



A. Barry Sears explains how the *Zone Diet* works when you control your weight and keep away from obesity. Listen to the report and circle the best answer.

- Barry Sears has \_\_\_\_ the *Zone Diet*, a scientific method for preventing different diseases.  
a. applied      b. developed      c. invested in      d. promoted
- '*Toxic Fat: When Good Fat Turns Bad*' is one of his  
a. first books      b. current projects      c. best-selling books      d. latest experiments
- Due to the new globalization of food ingredients, these come mostly from  
a. China      b. India      c. Europe      d. America
- The constant increase of body fat may accelerate the development of \_\_\_\_.  
a. a health crisis      b. chronic diseases      c. fatty acids      d. body disorder
- What is the relation between the price per calory of fat food and fresh fruit and vegetables?  
a. 4:400      b. 400:4      c. 400:1      d. 1:400
- It has been found that a correct diet may \_\_\_\_.  
a. extend lifespan      c. control weight loss  
b. change people's lifestyle      d. cut down body fat
- Mr. Sears used to work as a(n) \_\_\_\_.  
a. personal trainer      b. medical doctor      c. businessman      d. researcher
- His ideas of working in this subject came from \_\_\_\_.  
a. own decisions      b. schoolwork      c. social activities      d. his context

B. Continue listening to the recording. Decide if the following statements are TRUE (T), FALSE (F), or NOT GIVEN (NG).

	T	F	NG
1. Mr. Sears' father died at his early fifties from cancer.			
2. Only males in his family were predisposed to an early death due to bad genes.			
3. In the 21 <sup>st</sup> century food should start being treated as medicine.			
4. Eating on time small amounts of food brings benefits.			
5. Incredibly, the <i>Zone Diet</i> was accepted by the scientific authorities in the first place.			
6. His work in MIT did not get much recognition in the drug-delivery technology.			
7. <i>Harvard Medical School</i> included Sears' work in the new guidelines against obesity and type-2 diabetes.			
8. World health authorities are skeptical about the American recommendations related to the way people should eat.			



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