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.

1. Barry Sears has ____ the *Zone Diet*, a scientific method for preventing different diseases.

a. applied **b.** developed **c.** invested in **d.** promoted

2. *'Toxic Fat: When Good Fat Turns Bad'* is one of his

a. first books **b.** current projects **c.** best-selling books **d.** latest experiments

3. Due to the new globalization of food ingredients, these come mostly from

a. China **b.** India **c.** Europe **d.** America

4. The constant increase of body fat may accelerate the development of ___.

a. a health crisis **b.** chronic diseases **c.** fatty acids **d.** body disorder

5. 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

6. 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

7. Mr. Sears used to work as a(n) ___.

a. personal trainer **b.** medical doctor **c.** businessman **d.** researcher

8. 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 21st century food should start being treated as medicine.			
4. Eating on time small amounts of food brings benefits.			
5. Incredibly, the *Zone Diet* 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. *Harvard Medical School* 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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