A Famous Author's Social Media Post

Name : …….

Class : ……..

Number : ……..

A. *Read the text then answer the following questions.*
Dr. Hayman is a 15x New York Times bestselling author, family physician, and an international leader in the field of Functional Medicine. Here is one of his posts on social media.

Do you eat any of these foods regularly? What's something you want to incorporate into your diet more?
First, cruciferous, vegetables which belong to the family of broccoli. They include collards, kale, brussels sprouts, and cabbage. They contain compounds that activate our cellular detoxification pathways that optimize our mineral status. That's why it's important to eat a cup of two of these types of vegetables a day.

Source: https://www.bbrconsulting.us/podcast/drmarkhyman

Second, olive oil that has been found to contain all sorts of anti-inflammatory compounds. It's important to include healthy fats in our diet, and olive oil is an easy way to do it. You can use it as a salad dressing along with some lemon juice, salt, and pepper, or I love to top off a meal with a little drizzle of olive oil.
Then, nuts that have been shown to be great for longevity and to cause a reduction in diabetes. They're full of minerals, fat, protein, and fiber. They're one of nature's superfoods.
After that, berries that are a great source of antioxidants and colorful phytochemicals. These phytochemicals activate longevity pathways that we all need to activate our innate healing system. I always add some to my morning smoothies.
Lastly, I know green tea is not food, it's tea. However, it's important to consume since it contains phytochemicals called catechins, which have been shown to activate longevity switches that keep us young and healthy. It can be whichever green tea is your favorite. I personally like to add some matcha to my morning smoothie.

Adopted from: Mark Hayman, March 29, 2023

Questions:

1. What is the writer's purpose in writing the post?

2. What are the readers supposed to write in the comment column?

3. What will readers probably do after reading this post?

4. What can you learn from this post?

5. What do you think about this post?

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B. Reread the text in activity A. Match the pictures with their functions.

1. To activate the cellular detoxification pathway.

2. To reduce diabetes.

3. To activate longevity pathways that we all need to activate our innate healing system.

4. To activate longevity switches that keep us young and healthy.

5. To act as anti-inflammatory compounds.

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