

Using the vocabulary words , complete the following sentences

1. **obesity** (noun), obese (adjective) - the medical condition of being unhealthily overweight.
2. **junk food** (noun) - unhealthy food, typically with high levels of salt or sugar.
3. **fast food** (noun) - food that is prepared and served in a short amount of time.
4. **carbs** (noun) - informal contraction of carbohydrates.
5. **diet** (noun) - the food that is typically eaten by a person or animal; an eating programme or regime designed to assist with weight loss.
6. **your eyes are bigger than your belly** (saying) - when people want more food than they can eat.

- a. People simply do not have time after they finish work to spend two hours preparing a meal for their family. No wonder \_\_\_\_\_ is so popular.
- b. You shouldn't have ordered so much food; \_\_\_\_\_.
- c. \_\_\_\_\_ is the greatest health problem in the modern world.
- d. Can I have mine without rice please? I'm trying to cut down on my \_\_\_\_\_.
- e. I'm worried about her. She's lost so much weight since she started that \_\_\_\_\_.
- f. To protect the health of our children, they should never eat \_\_\_\_\_.

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### Multiple choice

1. How would you describe government health advice over diets?  
*a) consistent      b) inconsistent      c) wrong*
2. Who has an interest in making us think something is good for us even if it is not?  
*a) governments      b) health advisors      c) advertisers*
3. What does marketing take advantage of for fad diets?  
*a) desires      b) fears      c) regrets*
4. When did the first fad diets appear?  
*a) in caveman times      b) in Roman times      c) in the Victorian era*

### Sentence completion

1. In the \_\_\_\_\_ , fad diets often show positive results.
2. High protein diets show initial weight loss because the overall \_\_\_\_\_ is reduced.
3. If a diet recommends a dramatic reduction in calories, or cutting out entire \_\_\_\_\_ , it is probably a fad diet.
4. There is no easy solution to weight loss in the \_\_\_\_\_ .

1. Marketing highlights products associated with which cultures?

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2. Superfoods can be a healthy addition to what?

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3. Although the benefits of cleansers may be exaggerated, they can help increase the consumption of what?

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4. Who should we seek advice from about what to eat?

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