

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 _____.

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?

2. Superfoods can be a healthy addition to what?

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

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