

UNIT 4. FOOD FOR THOUGHT

- 1 Put the words in the box in the correct columns. Can you add two more words to each column?

beef cabbage peach salmon strawberry shrimp lamb eggplant			
fruit	vegetables	meat	fish and seafood


- 2 Ask and answer the questions in pairs.


- What did you have for breakfast?
- What did you have for dinner last night?
- What food do you eat if you want a snack?
- What would you cook for a romantic dinner?
- Are you allergic to any food?
- Do you think you have a healthy diet? Why/Why not?

- _____
- _____
- _____
- _____
- _____
- _____

- 3 Look at the picture of the breakfast. Do you think it's healthy? How much added sugar do you think it contains? Read the text and check.

Most of us know that too much sugar isn't good for us. We know that we shouldn't eat a lot of chocolate or drink too many soft drinks. But how much do we really know about the other kinds of food we eat?





Damon says that food companies are not honest enough about the amount of sugar they add to their products. Their marketing makes us believe we're eating and drinking well, when we really aren't. The World Health Organization recommends a daily limit of 25 g. (about six teaspoons) of sugar. That means there's enough sugar in three quarters of a can

Australian moviemaker, Damon Gameau, decided to investigate the "hidden" sugar in food. He spent 60 days eating only products advertised as "healthy," such as low-fat yogurt, cereal bars, fruit juices, and sports drinks. But instead of feeling healthier, Damon gained 8 kg, and started to have health problems. The reason? The high levels of sugar that manufacturers add to many food products to make them taste better. The breakfast pictured here looks good, but the juice, cereal, and yogurt actually contain a total of fourteen teaspoons of extra sugar!

of cola for one day. After Damon's experiment finished, he returned to his usual diet of fresh fruit, vegetables, meat, and fish. His weight came down and his health problems disappeared. He still enjoys a little chocolate once in a while, but he finds that most processed food now tastes too sweet. So next time you're in the supermarket, remember to check how much sugar is in that "healthy" cereal before you buy it!

- 4 Check (✓) the best title for the article. Explain your answer.

- Is sugar good or bad for you? ☐
- How to lose weight in 60 days ☐
- The truth about sugar and processed food ☐
- Five unhealthy foods to avoid ☐

- 6 A Complete the sentences with the words in the box. Check your answers in the text.

too too much too many not enough

- We shouldn't drink _____ soft drinks.
- _____ sugar isn't good for us.
- Food companies are _____ honest enough.
- There's _____ sugar in three quarters of a can of cola for one day.
- Most processed food tastes _____ sweet.

- 9 4.6 Listen to a conversation. Check (✓) the food that the restaurant needs to buy.



- 10 A Complete the sentences with your own ideas. Compare them in pairs.

- | | |
|---------------------------------------|-----------------------------------|
| 1 I don't spend enough time on _____. | 4 Sometimes, I'm too _____. |
| 2 I spend too much money on _____. | 5 I have too many _____. |
| 3 I worry about _____ too much. | 6 I don't think I'm _____ enough. |

- B Tell the rest of the class about your partner.

He doesn't spend enough time on his homework.

- 3 Look at the pictures. Do you recognize the man? In pairs, answer the questions. Read the text and check.

- | | |
|----------------------------|----------------------------------|
| 1 What is the man's job? | 3 Why was he in this country? |
| 2 Which country was he in? | 4 Why does he look disappointed? |

THE FOOD REVOLUTION THAT FAILED

British celebrity chef, Jamie Oliver, tasted failure for the first time with his American TV show, *Jamie's Food Revolution*. One of the biggest health problems in the U.S. is obesity, and Jamie thought he could help by changing what children ate ... but he found that it wasn't so easy.

In the U.S., more than 32 million children eat in school cafeterias every day. Unfortunately, the meals aren't always very healthy, and some children don't have to eat fruit or vegetables. Instead, they can choose hamburgers and pizzas with sweet drinks, like chocolate milk.

In 2010 and 2011, Jamie conducted an experiment. He tried changing the menu at a school in Los Angeles. The cooks made different meals, including vegetarian curry, fresh salads, and spicy chicken noodles. However, Jamie's experiment failed, and most children threw his new recipes away. With hungry children and angry parents, hamburgers and pizzas were soon back on the menu.

However, it's not all bad news. Although Jamie's idea didn't work, things are changing. New laws say that all schools have to serve healthier food. School meals can't contain too much salt, and cafeterias have to offer two vegetables a day ... but these things take time. According to some previous rules, tomato sauce on pizzas counted as "one vegetable"!

4C You have to eat your vegetables!

- 1 A 4.7 Look at the pictures of school lunches. Which countries do you think they are from? Listen and check.



- B 4.7 Match the adjectives in the box with the pictures. Listen again and check.

healthy crunchy sweet spicy salty tasty

A _____
B _____
C _____

- 6 Choose the correct options to complete the hotel rules. Would you like to stay at this hotel? Why/Why not?

HOTEL RULES

- 1 Guests *have to / don't have to* pay an extra \$8 if they want breakfast.
- 2 Guests *have to / can't* sit at the same table every day. The room numbers are on the tables.
- 3 Guests *don't have to / can't* choose the cooked breakfast. Cereal and toast are also available.
- 4 Guests *don't have to / have to* arrive for breakfast before 9:00 a.m. when the kitchen closes.
- 5 Guests *can't / don't have to* take any food to their rooms. This is not allowed.
- 6 Guests *can't / have to* check out before 10:00 a.m. or we will charge them for an extra day.

- 9 A In pairs, imagine you are the managing director of a new company. Write a list of rules that will keep your employees happy and productive and make your company successful. Think about these factors:

working hours meetings food and drink social activities breaks during the day
days off / vacations work clothes communication

- B Tell the rest of the class your rules.