

1. Read the following text.

'Eating the whole rainbow'

I grew up in a multicultural household – my father is Norwegian, my mother Bulgarian and Danish – and spent my early years in Tanzania, where, in the 1980s, processed foods were practically nonexistent. If we wanted pizza, we made everything – from the base to the sauce – from scratch.

My mother made fresh butter and yoghurt, and I also spent a lot of my time with my “green-fingered” grandmother who lived in Sweden. When we were not at the local farmers’ market, we were either in the garden making seasonal jams. So this approach to food became integrated in me.

Each person is unique but I think everybody would be grateful if they include more plants in their diet. The more diversity, more colour, whole foods and fruit and vegetables you eat, the better it will be for you long term.

There are so many wonderful ingredients that are underrated. There is a world of gluten-free plants, such as buckwheat or quinoa, that are nutritious. On the other hand, there are more than 40,000 varieties of cultivated rice yet most of us are only familiar with five or six types.

The “free from” industry has taken off, and while it is great for those seeking food alternatives, sadly the range on offer includes a lot more processed produce. But it is so important that we try to consume as many diverse products as possible. You really should be having 30 plant varieties a week, such as peppers, spices, and lentils.

Contrary to popular belief, adopting a plant-based diet does not mean eating less. In fact, you should actually be eating larger portions. And you do not even need to give up animal-based products entirely. If everyone could eat more plant-based meals at home and save the animal-based products for special occasions, this would definitely be a significant step in the right direction.

Ten years ago, it was “the thing” to be visiting a restaurant which was vegan and plant-based. Now some people will not touch food that is vegan out of pure protest. But I think the problem today is that there is a big emphasis on labelling, which is a real shame, and this confound people. For example, if you create a hummus dip with caramelised onions, you do not need to label it as vegan. I think that, basically, we need to just start calling dishes for what they are.

Adapted from *The Guardian*: <https://acortar.link/LEhHw9>

2. Answer the following questions in your own words.

1. What is the meaning of 'from scratch'?
2. Why is it sad that the 'free from' industry has started to highlight?
3. According to the text, how can we organise our diet to go in the right direction?
4. Which is the problem with labelling foods?

3. Are the following sentences true or false? Justify your answer with evidence from the text.

1. Until the 1980s, natural foods were the main source of human's nutrition.
2. To adopt a vegan diet, we must get rid of any animal-based product.

4. Find the words or expressions in the text that mean:

1. not natural
2. entire
3. something used to make cereal
4. to classify something

5. Choose one option. Write between 140-190 words.

1. 'Contrary to popular belief, adopting a plant-based diet does not mean eating less'. Do you agree with this? Write an opinion essay.
2. What are the advantages and disadvantages of following 'food influencers' on social media?

SOLUTIONS for the reading comprehension exercises

2. Answer the following questions in your own words.

1. What is the meaning of 'from scratch'?

The meaning of 'from scratch' is 'doing something entirely by yourself'.

2. Why is it sad that the 'free from' industry has started to highlight?

It is sad that the 'free from' industry has started to highlight because most of the food it offers is more artificial than natural.

3. According to the text, how can we organise our diet to go in the right direction?

According to the text, we can organise our diet to go in the right direction by basing a huge part of it on vegetables while reserving those carnivore products for special moments.

4. Which is the problem with labelling foods?

The problem with labelling foods is that, by doing it, people can start to feel more anxious at the time of eating something because it is labelled as 'unhealthy', for example.

3. Are the following sentences true or false? Justify your answer with evidence from the text.

1. Until the 1980s, natural foods were the main source of human's nutrition. **This sentence is TRUE according to the evidences in the text 'where, in the 1980s, processed foods were practically nonexistent'.**

2. To adopt a vegan diet, we must get rid of any animal-based product. **This sentence is FALSE according to the evidence in the text 'And you do not even need to give up animal-based products entirely'**

4. Find the words or expressions in the text that mean:

1. not natural **-processed**

2. entire **-whole**

3. something used to make cereal **-buckwheat**

4. to classify something **-to label**