

Unit 2 It's good for you!

Reading Section 2

1 Read through the article briefly. What does it mainly contain?

Circle A, B or C.

- A advice on healthy eating
- B facts about food and drink
- C criticism of the food industry

2 Now read the text carefully and answer Questions 1–13.

WHAT DO YOU KNOW ABOUT THE FOOD YOU EAT?

A Most of us tend not to think about what we eat. Sure, we might have our favourite recipes, or worry about whether our food has been sprayed with pesticides, but the processes and discoveries that have gone into its production remain a closed book. Some, however, think differently. Why, they wonder, is frozen milk yellow? Why does your mouth burn for longer when you eat chillies than when you eat mustard? And what would happen if you threw yourself into a swimming pool full of jelly?

B It was for such people that *New Scientist* developed its 'Last Word' column, in which readers pose – and answer – questions on all manner of abstruse scientific issues, as they relate to everyday life. Many of the issues raised have simple answers. For the questions above, they would be: the riboflavin in milk begins to crystallise; it depends on your taste – the relevant chemical in mustard is more easily washed away by your saliva; and, you'd float, but don't dive in headfirst!



C Other questions allow us to explore issues that are relevant to everyone. For example, what's the difference between sell-by dates and use-by dates? You might expect the answer to involve overcautious health and safety regulation. But it's more complex than that. The shelf life of food is actually determined by its manufacturers, although lab tests and government guidelines also come into play. Food is tested periodically, at various temperatures, to check the level of bacterial spoilage over a few hours or days – the warmer it is, the more likely your prawn sandwich is to make you ill. After the lab tests, producers set a use-by date or a best-before date. Fresh shellfish need to be consumed by their use-by date (the date by which you must eat them). But tinned beans will probably last long beyond their best-before date (the date by which it's best to eat them), although they might not taste as good as they once did.

D The same research explains why even bottled mineral water, which had previously lain underground for decades, needs a best-before date. The problem isn't the water, but the bottling process: either bacteria can be introduced that multiply and, over time, contaminate the water, or unpleasant chemicals, such as antimony, leach into the water from the plastic bottles.



E Sometimes, this kind of scientific study takes us to some strange places. For example, we now know that the amount of oxygen in the air inside green peppers is higher than in red (by a whopping 1.23 percent), probably due to the different rate at which green peppers photosynthesise. The relevance of this research is that green peppers will decay faster than red if kept in sunlight: higher oxygen levels provide more resources to feed any bacteria that are present. Generally, cooler environments preserve food best – apart from tropical fruit. Banana skins, for example, have evolved to survive in warm conditions, because that is where they grow best. Anything below 13.3°C damages the membranes, releasing enzymes which lead to skin blackening. To avoid a mushy banana, keep it away from the chiller.

F It is not just fears for our health that keep food scientists busy. They are also involved in other areas. Their precision has, for example, also been applied to bottles – in particular, to the discovery that the optimum number of sharp pointy bits on a bottle cap is 21. Go on, count them. Years of trial and error led to the internationally accepted German standard DIN 6099, which ensures that almost every bottle cap is the same. This is because 21 is the ideal number when you take into account the circumference of the cap, the likelihood of its metal splitting, and the chances of it sticking in the capping machine. So, next time you open a bottle with a cap on it, pay homage to those who bothered to find out, starting with William Painter, in 1892.

G Of course, some researchers do care about the more serious stuff, driven by fear of the future and an ever-increasing population on a warming, land-impoverished planet. Sadly, *New Scientist*'s correspondents concluded that there was no one foodstuff that could feed the world on its own. However, they did come up with a menu that could feed a family of four for 365 days a year, using only eight square metres of land. Rotating crops (so that the soil didn't lose one nutrient more than any other) would be vital, as would ploughing back dead plant matter and maintaining a vegetarian diet. After that, you would need to grow crops that take up very little space and grow vertically rather than horizontally, if possible.

Questions 1–7

The reading passage has seven paragraphs, A–G.

Choose the correct heading for paragraphs A–G from the list of headings below.

- i Why a particular piece of information is given
- ii An unsolved problem and a solution to a problem
- iii Reasons that remain a mystery
- iv A source of information for some people
- v Development work leading to a conclusion
- vi Contrasting levels of interest in food
- vii The need to change a system
- viii Information connected with keeping certain kinds of food
- ix How certain advice is decided on
- x Ideas not put into practice

- 1 Paragraph A vi....
- 2 Paragraph B
- 3 Paragraph C
- 4 Paragraph D
- 5 Paragraph E
- 6 Paragraph F
- 7 Paragraph G

Questions 8–13

Choose TWO letters, A–E.

Questions 8–9

Which TWO of the following are explained by the writer in the text?

- A why the 'Last Word' column was created
- B why use-by dates are more important than sell-by dates
- C how to prevent bacteria getting into bottled water
- D a way in which peppers are similar to bananas
- E why most bottle caps have a common feature

Questions 10-11

Which **TWO** problems connected with food does the writer mention?

- A confusing information about the use of pesticides
- B feeling pain when eating something
- C sell-by dates sometimes being inaccurate
- D feeling ill because of eating food after its best-before date
- E the effect of sunlight on green peppers

Questions 12-13

Which **TWO** of the following would a family of four need to do to feed itself every day of the year, according to New Scientist?

- A use more than one piece of land
- B grow the same crop all the time
- C put dead plants into the soil
- D plant only crops that grow very quickly
- E concentrate on crops that grow vertically

3 The speaker mentions a connection between health and fitness and

- A keeping employees.
- B employees' performance.
- C a company's reputation.

4 What does the speaker say about the people attending the conference?

- A Some of them may feel that there is not much they can learn.
- B All of them have attended the conference before.
- C Most of them are familiar with the speakers.

5 The speaker says that in the sessions, participants will

- A work together in pairs.
- B pretend to have various roles.
- C describe real events.

Listening Section 2

1 Look at both tasks. When is the speaker talking? Circle A, B or C.

- A at the beginning of a conference
- B during the planning of a conference
- C at the end of a conference

2 Now listen and answer Questions 1-10.

Questions 1-5

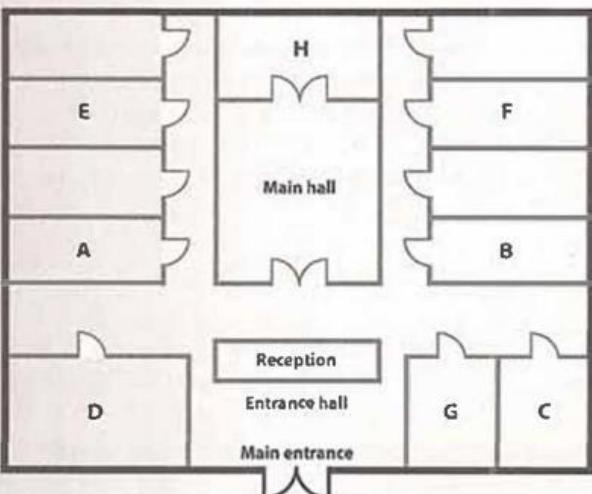
Choose the correct letter, A, B or C.

- 1 The speaker says that the conference includes issues which
 - A were requested by participants.
 - B are seldom discussed.
 - C cause disagreement.
- 2 The speaker says that in the past, this subject
 - A caused problems in the workplace.
 - B was not something companies focused on.
 - C did not need to be addressed.

Questions 6-10

Label the map below.

Write the correct letter, A-H, next to questions 6-10.



6 Setting Up a Fitness Centre

7 Healthy Eating Schemes

8 Transport Initiatives

9 Running Sports Teams

10 Conference Coordinator's Office

Vocabulary

Word formation

1 Complete each sentence with the correct form of the word in brackets.

Healthy eating is a matter of education so that people know what to eat. (educate)

2 Yesterday she him for being too lazy to keep fit. (critic)

3 Even if exercise is , it's better than no exercise. (regular)

4 Going for a run on a day is a nice way to spend your time. (sun)

5 exercise is essential for everyone. (day)

6 Sometimes children don't want to eat healthy food because of its (appear)

7 There is a connection between being healthy and having a high level of (happy).

8 People who are can have health problems that fitter people don't have. (active)

2 Complete the second sentence so that it has a similar meaning to the first. Use the correct form of the underlined word in the first sentence.

a The manufacturers claim that the additives don't do children any harm.

b The manufacturers claim that the additives are harmless to children.

2 a There has been a dramatic rise in the number of obese people in this country.

b The number of obese people in this country has risen

3 a Food producers should make the information on their products simpler.

b Food producers should the information on their products.

4 a There were a lot of people running in the park.

b There were a lot of in the park.

5 a I was surprised that I got fit so quickly.

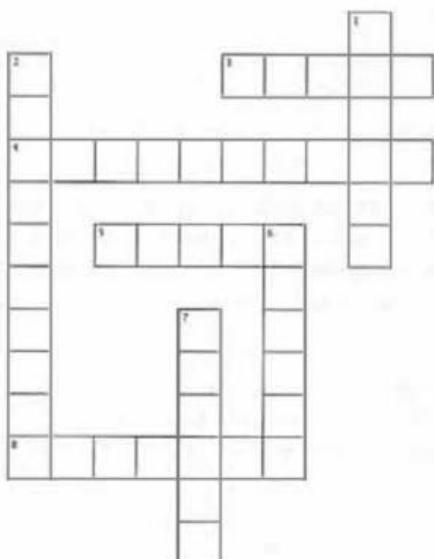
b It was to me that I got fit so quickly.

6 a There were some figures that people didn't expect in the report on the nation's health.

b There were some figures in the report on the nation's health.

Key vocabulary

3 Complete the sentences below, then use the words to complete this crossword.



Across

3 Farmers who grow organic vegetables have to using pesticides.

4 Farming are the ways farming is done.

5 A food is a small structure where you can buy food, for example in a market or in a street.

8 If food is grown or produced , it comes from the area nearby.

Down

1 If something is to happen, it will probably happen.

2 If something is , it is not natural.

6 goods are high-quality, expensive goods.

7 Crop are the amount of crops produced in a particular place.

Writing Task 2

1 Read the following Writing task.

Write about the following topic:

Some people say that in the modern world it is very difficult for people to have a healthy lifestyle. Others, however, say that it is easy for people to be healthy and fit if they want to be.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your knowledge or experience.

Below are three essay plans that candidates made for this question. Which one is the best essay plan for this question? Why is it the best one and why are the others not as good?

A

- Paragraph 1: introduce the issue: healthy/unhealthy lifestyles
- Paragraph 2: why some people have unhealthy lifestyles
- Paragraph 3: more reasons for unhealthy and unfit people
- Paragraph 4: what people can do to be healthy and fit
- Paragraph 5: conclusion: it's easy to be healthy and fit

B

- Paragraph 1: introduction: why it's easy to have a healthy lifestyle
- Paragraph 2: what I do to stay fit and healthy
- Paragraph 3: some advice on healthy eating
- Paragraph 4: conclusion: anyone can be fit and healthy if they want to be

C

- Paragraph 1: introduce the subject: problem of unhealthy lifestyles
- Paragraph 2: reasons why some people have unhealthy lifestyles
- Paragraph 3: examples of unhealthy food and eating
- Paragraph 4: why some people aren't fit
- Paragraph 5: the results for people of having unhealthy lifestyles
- Paragraph 6: conclusion: it's a big problem



2 Complete the phrases below, that could be used in the Writing task, with the verbs in the box.

cut make lose take have stay
work go lead do

- 1 have health problems
- 2 a healthy life
- 3 fit
- 4 you good
- 5 out in a gym
- 6 action
- 7 down on unhealthy foods
- 8 an effort
- 9 on a diet
- 10 try to weight

3 To write a good answer, you need to use linking words and phrases. Complete the sentences below with the words and phrases in the box.

in fact also as a result over time
another in particular on the other hand

- 1 If you exercise regularly, over time you will find that your general health improves.
- 2 People use their cars instead of walking., they get very little exercise.
- 3 It is easy to buy healthy food in shops nowadays., some of it is quite expensive.
- 4 Lack of exercise is one problem for some people. is the amount of junk food they eat.
- 5 There are gyms where people can get fit and there are ways of getting fit at home.
- 6 Some people think it's difficult to get fit., it can be very easy.
- 7 Many people, office workers, have jobs that involve sitting in the same place all day.

4 Now write your answer for the Writing task above.

Grammar

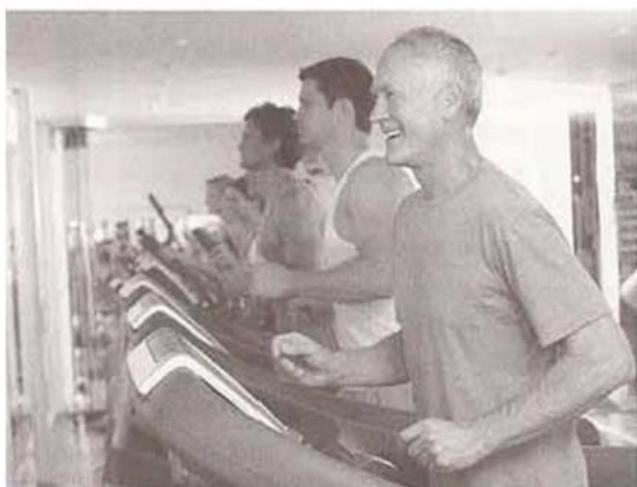
Countable and uncountable nouns

1 Complete the sentences below with the plural or uncountable form of the words in the box.

group research job way
knowledge work programme
equipment information suggestion

More and more people nowadays are following fitness programmes.

- 2 It is easy to find on how to stay fit and healthy.
- 3 People with sedentary spend all day sitting down.
- 4 According to , the percentage of overweight people is growing.
- 5 This booklet contains many useful on how to keep fit.
- 6 Some people prefer to exercise in and so they join fitness classes.
- 7 At our gym, we have all the latest fitness for people to use.
- 8 Scientists are always increasing their of how the body works.
- 9 This book suggests a number of to help you lose weight.
- 10 My sister is looking for at a health centre as a receptionist.



2 Circle the correct option in each of these sentences.

She does plenty of / much exercise and she's very fit.

- 2 There's a large / great deal of pollution in this city at this time of year.
- 3 It took me a lot of / many time to get fit again after my injury.
- 4 There is plenty / a wide range of fitness courses that you can do.
- 5 Bad diets cause a large amount / number of health problems.
- 6 Few / Little people these days think that fitness is unimportant.
- 7 A small amount / number of junk food isn't bad for you.
- 8 It doesn't take much / many effort to stay fit if you want to do it.
- 9 My grandfather is very lucky. He has few / a few problems with his health.
- 10 Even a few / a little exercise would be good for you.

3 Correct the underlined nouns if necessary. Put a tick (✓) above the noun if it is correct.

information

- 1 People don't get much informations on what is really in certain food products.
- 2 You don't need a large amount of equipments to do varied exercise routes.
- 3 People are given a lot of advices about how to have healthy lifestyles.
- 4 Junk food does a lot of damages to people's healths.
- 5 A nutritionist can give people good advice on their eating habits.
- 6 Using the latest softwares, experts analyse sportsmen when they are training.
- 7 People who do office work need to find way of keeping fit.
- 8 People sometimes need help to solve problem with their weight.

Research Section: What are language based learning challenges?

*Be prepared for the presentation in the upcoming lesson

Unit 2

Debbie Good afternoon My name's Debbie Green and I'm going to give you a short but hopefully interesting introduction to working at this hospital I'll start with some guidelines about nutrition and fitness etc. Because a hospital environment can be stressful, and so we always encourage our staff to stay fit and have a healthy lifestyle So just a few tips first. As you know, the key to [1]..... is eating what we call 'a balanced diet'; many people don't do this, however. For one thing, they don't eat enough fruit and vegetables or home-prepared food. When you feel hungry, it's often too easy to grab something quick. Because you're tired or busy cooking a healthy meal takes longer and this is often why people live on sandwiches and fast food.

Instead Please - don't fall into this unhealthy trap. Of course, you have to do a little exercise and keep fit as well. I know you'll have a lot of work and may not have time to join a gym but consider how often you take the lift rather than the stairs or how often you drive rather than walk health wise, it may just be a question of doing things differently, rather than starting a very active sport. In fact, being generally active is much healthier than doing lots of exercise just [2]..... As you know, this can be as risky for your heart as being inactive As long as you do at least an hour exercise a day- and some of you will do more than that at work- you'll find that you don't wake up at night worrying about the next day – and that's the main advantage of exercise.

Remember – this is a hospital, and you are supposed to be the healthiest people here! Moving on to health and safety, I want to point out that it's quite OK to take a break any time that you're not busy. We know that when there's an emergency you may have to miss that cup of tea or coffee in the canteen or wherever you go, but generally you shouldn't work for more than three hours without a break, otherwise your attention levels will [3]..... and you could then make a careless mistake.

Another important issue is hygiene You're all trained to clean your hands at work, but remember that germs can live for a long time. so please make sure that you don't leave even a small amount of rubbish around there are brooms in the cupboards, so use them We do have cleaners. but they aren't always here when you need them. I'm afraid, and a little dirt can soon [4].....

Debbie Now, as you're all new, I'm just going to show you a map of the hospital and point out a few key places. Let's start with the recreation centre. At the moment. we're in

the main building, that's here and if you go out of the main entrance and just along the main road to the east you'll find the staff recreation centre. It's this T-shaped building and there's a range of things that you can do here to help you relax. If you get ill, we do have a health centre for all registered employees. and this is directly behind the main hospital building. So, if you go out of the back exit, it's just in front of you. and there's a [5]..... next to it I'm based here and I have a few leaflets on things if you want to come and see me.

Many of you will be doing shift work, so you might like to go to the 24-hour swimming pool and sauna They're very close by, and it doesn't cost much money to get in. If you

walk out of the front of the main building, there's a road straight ahead of you go down that and turn left into Tye Road -you'll see the pool entrance at the end of that road, just beyond the line of trees. We've talked about eatng healthily, and there's a very useful store nearby that sells a large range of organic products and health-food supplements.

This is also in front of the main building, but this time you need to go beyond the turning for Tye Road and you'll see it on the right-hand corner. directly opposite another building. Finally, if you want a healthy meal and you have very little time to get it. of course there's always the canteen inside the main building But I would recommend a place called Jenny's Restaurant Leave the front of the main building and head for the roundabout. When you're there. Take the [6]..... on the left .. it's just along that road before the trees You can get a number of excellent dishes here at a reasonable price Well. I think that's all.

Examiner Now I'm going to give you a topic and I'd like you to talk about it for one to two minutes. Before you talk, you'll have one minute to think about what you're going to say. You can make some notes if you wish. Do you understand?

Eva Ah-hah

Ex Here's a paper and pencil for making notes and here's your topic. I'd like you to talk about somewhere you go to shop for food.

Ev Well, I'm going to talk about where I shop for food Um. like most people, I have to go shopping for food quite frequently. Um, I live with a couple of other women and we're students, so we can't afford to eat in restaurants very often. We're all healthy eaters, but, um, I really like going to the local market because I like organic food and everything you get there is fantastic, it's so fresh. So let me tell you where it is um. it's in this street near my home it's a pedestrian street you know, there are no cars. It's right in the middle of a [7]..... um. it's opposite the station. so it's very convenient.

Yeah – and what's it like? Well um, it's usually pretty crowded it's quite a popular place There's a large number of stalls that sell food - and some shops too. I've been going there for quite a while. so I know where the healthiest food is. I usually buy things like fruit and vegetables also meat and cheese and fish I've got a favourite stall. it's run by a little old lady and any of the fruit she sells is great Er. she weighs everything very quickly and you can't bargain with her but the price is always reasonable. As I've mentioned, I like it because the food tastes good. but also it's a very [8] People do stop and talk to each other - in fact. it's very noisy Yeah - All in all, I like it because it's a great place to go. It's a colorful experience.