VOCABULARY

health and lifestyle

1 **Complete the sentences with the correct form of the verbs in the box.**

do (x2)	cut	expand	keep (x2)
stay	transform	vary	work

1 It's very important, especially as you get older, to _____ mentally active. Doing puzzles is great for your brain.

2 I've _____ down on the amount of fat and sugar I consume and feel much healthier now.

3 You really need to _____ your horizons and get out and about more.

4 It's hard to find time to _____ in shape when you've got a full-time job and a family to look after.

5 Research shows that _____ regular workouts is good for you both mentally and physically.

6 I _____ a sedentary job for years and was very unfit. Then I retrained as a yoga teacher and now I'm healthier than ever!

7 I've always _____ long hours and I'm often too tired to make a proper meal when I get home.

8 Last year, my sister totally _____ her lifestyle. She became a vegan and started doing more exercise.

9 It's important to _____ your diet as much as you can and include all food groups in your meals.

10 I took up running last year and hopefully, if I _____ up my progress, I'll do a marathon soon!

LIVEWORKSHEETS

READING

5 A **Skim the article and choose the main topic (a–c).**

a The benefits of different kinds of diet
b The reality behind commonly held beliefs
c The reasons we're lied to about what we eat

B **Read the article again. Are the statements True (T) or False (F)?**

The writer …

1 thinks food producers try to trick customers into paying too much for food.
2 will continue to buy the expensive health foods that she particularly likes.
3 feels that the message about fat has been very clearly stated.
4 does not intend to limit the amount of high-fat food she eats.
5 is confused about whether or not people should take extra vitamins.
6 has believed information provided on food packaging in the past.

C **Read the article again and answer the questions. Use no more than three words for each answer.**

1 What are superfoods meant to stop?

.....

2 What does the writer think food manufacturers want from people?

.....

3 What phrase does the writer use to describe the act of labelling food low in fat?

.....

4 What is the writer happy to continue eating?

.....

Health myths busted!

We all want to be healthier, but with so much (mis)information out there, it can be difficult to know which changes are actually worth making. So, here is the truth about four common food myths, which may help you make up your mind …

Myth 1: Superfoods are a thing

Sorry, but superfoods *aren't* a thing! Yep, you heard right. While we've all been filling our trolleys with blueberries, ginger and coconut, it turns out that, yes, they do us good, but they're no better than other fruit and veg. 'Super' foods are promoted because they supposedly contain huge amounts of antioxidants (substances that prevent cell damage in our bodies), and the message is that we should buy as many as we can. These (often exotic) foods are – surprise, surprise – very expensive, though. I know what I'll be getting from now on: cheap 'ordinary' veg that I love just as much!

Myth 2: All fat is bad fat

We've been told (over and over again) that we should cut down on foods that contain saturated fats, such as butter, cream and cheese, and eat plenty of foods that are great for heart, eye and brain health (think Omega 3 in oily fish). But the jury seems to be out on whether saturated fats *really* cause heart disease, and whether foods that contain cholesterol (a fat which can be found in eggs) *actually* raise cholesterol in our blood. I think I'll be carrying on with less butter and more salmon, just in case …

Myth 3: You don't need supplements

OK, so this one's hotly debated! Many say that if you have a varied diet, you'll get everything your body needs, and that manufacturers only promote vitamins and supplements so they can fill their pockets with our hard-earned cash! But it turns out there *are* arguments *for* supplements in certain circumstances: those with health conditions including diabetes, pregnant women and people over 50 *can* benefit from additional vitamins. Who knew?

Myth 4: low fat = low calorie

Nope! It's just another marketing trick! Look in supermarkets and you'll see 'low-fat', 'fat free', 'diet' and 'light' in lots of labels. I've certainly fallen into that trap! While they might truthfully be low in fat, they may also be highly processed and full of sugar to make them tasty. 'You're better off having a few nuts or full-fat items like cheese and yoghurt than eating so-called "diet" products', says one specialist. I, for one, will be following this advice. So, bring on the ice cream (just not too much of it)!

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