3.3 Reading

A magazine article about superfoods

1 Choose the correct option.

1 My favourite fruit is a *juice* / *juicy* mango.
2 Raw carrots are *crunch* / *crunchy*.
3 Can you pass me the *salt* / *salty*?
4 I never put *butter* / *buttery* on my toast.
5 I love eating *crisps* / *crispy* for a snack.
6 Wow, this soup is so *cream* / *creamy*!
7 Did you add *spice* / *spicy* to the curry?
8 Orange is a very *health* / *healthy* fruit.
9 I don't eat meat. It's too *fat* / *fatty* for me.
10 The meal was really *taste* / *tasty*.

2 **WORD FRIENDS** Complete the sentences with these prepositions.

~~for~~ from of to with

1 I try to eat foods that are healthy *for* me.
2 Scientists say some foods can protect people _____ illness.
3 Superfoods are often full _____ vitamins.
4 Chocolate goes well _____ fresh fruit.
5 I don't add sugar _____ smoothies.

3 Read the article quickly and choose the correct answer.

The article looks at four foods which …

a are cheap and healthy.
b are healthy and good for the environment.
c are healthy but expensive.

4 Read the article again and complete the sentences with 1–3 words from the article.

1 The main ingredients in vegetable meat are *plants and vegetables*.
2 Vegetable meat uses less _____ than meat from animals.
3 Laboratory meat is good with _____.
4 It's _____ to make laboratory meat at the moment.
5 Algae don't taste _____.
6 Tiger nuts won't hurt people with _____.
7 It's possible to grow tiger nuts _____.

SUPERFOODS OF THE FUTURE



I love eating superfoods to stay healthy, but are they good for the planet? Try these four foods which are healthy, tasty and eco-friendly.

A

Juicy burgers, spicy sausages or roast chicken. Meat lovers can now find vegetarian versions of their favourite foods. Vegetable meat looks, smells and tastes like meat, but they make it from plants and vegetables. It's good for you and it tastes delicious. What's more, it doesn't take as much energy and water to produce as real meat, so it's great for the environment too!

B

It isn't science fiction. It's real! Scientists have made real meat in a laboratory which is 100 percent vegetarian. You don't need to cut down trees to build big farms, so it's good for the environment. This meat isn't fatty and it goes well with chips and vegetables. Unfortunately, at the moment it's very expensive to produce, so I haven't tried it yet. But I've heard it's very tasty.

C

Green, brown or red, we usually see these underwater plants at the beach: algae contain Omega-3 fatty acids and are full of vitamins. You can easily add them to tasty smoothies too. They don't taste like fish at all and they have a nice flavour. The best thing about algae is that they don't hurt the environment – they don't need anything special to grow and they even help to keep water clean.

D

Have you ever eaten tiger nuts? These snacks look and taste like nuts, but they are actually a type of vegetable similar to a sweet potato. That means people with nut allergies can eat them. You can eat them raw, roasted or boiled, and they are good for you. They even help to protect people from certain diseases. They are very easy to grow. You could even plant them in your garden!

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