**1 Read the tips about how to achieve a healthy and sustainable diet. Match each one with two reasons from the list (a-h). Write letters next to each tip.**

| | | |
|---|---|---|
| REDUCE RED MEAT CONSUMPTION AND HIGHT-FAT DAIRY. | _____ | _____ |
| SUPPORT LOCAL AND ORGANIC AGRICULTURE. | _____ | _____ |
| EAT MORE WHOLE FOODS. | _____ | _____ |
| AVOID PROCESSED FOODS AND DRINKS. | _____ | _____ |

a Organic foods are richer in nutrients and use fewer fertilisers and pesticides.

b These foods are better for the environment as their production requires less land, energy and water.

c The packaging and processing that comes with processed food and drinks produces a lot of greenhouse gas emissions.

d A substantial amount of greenhouse gas comes from meat production.

e Your typical fast-food meals are low in nutrients, high in calories, unhealthy fats, sugar and salt, all bad for your health.

f If you buy fruit and vegetables produced near your home it will reduce the greenhouse emissions caused by transportation over long distances.

g Compared to processed food, legumes, whole grains, fruit and vegetables are packed with healthy fibre, minerals and vitamins.

h These animal products are high in saturated fats and cholesterol, which are linked to major health risks.

**2 Write a question for each statement. See the example for help.**

a We should drink five to eight glasses a day.

How many glasses of water should we drink each day?

b Benefits include the prevention of dehydration and the maintenance of normal blood pressure.

_____

c Our bodies need this in order to prevent constipation, maintain a healthy weight and prevent diseases such as diabetes or heart disease.

_____

d They have beneficial nutrients and fewer synthetic fertilisers and pesticides.

_____

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**3** Study the images. According to the NOVA classification, which group does each belong to? Write a number for each based on the key.

**Key:** 1 unprocessed or minimally processed 2 processed culinary ingredients
3 processed foods 4 ultra-processed foods

**4** Complete the missing words in the descriptions. Then add two examples of types of food for each. More than one answer is possible.

GROUP 1

- **Unprocessed or n**_____ **food:** This food comes straight from plants or a_____. **Examples:** fruits, _____ _____
- **M**_____ **processed foods. Examples:** pasta, _____ _____

GROUP 2

- **Processed culinary ingredients:** This category includes ingredients used in c_____ or c_____. for seasoning food. **Examples:** fats, oils, _____. _____

GROUP 3

- **Processes foods:** This category is food that has been industrially processed in order to enhance its t_____ s_____ and shelf-life. **Examples:** cured meat, canned fish, _____ _____

GROUP 4

- **Ultra-processed foods:** These contain a_____. preservatives and f_____ and are industrially made. **Examples:** breakfast cereals, packed breads, _____ _____

**5** Answer the healthy diet questionnaire with a food group number from activity 4.

a Which food groups should your diet be mainly made up of? _____

b Which food group should you consume in moderation? _____

c Which food group should you limit as much as possible? _____

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**6 Match the food groups to their descriptions.**

| | |
|---|---|
| a Protein ... | • ... support brain function, regulate hormones and provide energy. We should limit the consumption of saturated fats. |
| b Dairy ... | • ... are two groups from which we get our vitamins and minerals. |
| c Fats and oils ... | • ... is where we get protein, calcium and vitamin D in order to help maintain strong bones. |
| d Carbohydrates ... | • ... comes from meat, eggs, nuts and fish and are essential for building and repairing the body's tissues. |
| e Fruits and vegetables ... | • ... are found in pasta, bread and potatos and are the body's principal source of energy. |

**7 Write the name of a food group or groups from activity 6 for each sentence.**

a Almost half of our food should come from these groups.

_____

b This group is important to maintain healthy teeth and a proper nerve function.

_____

c These groups can be described as body-building foods.

_____

d These groups can be described as protective foods.

_____

e Apart from providing energy, this group is key for the functioning of the brain and the central nervous system.

_____

f We should limit the consumption of these macronutrients found in red meat and in some dairy products.

_____

g These groups can be described as energy foods.

_____

**8 Complete the sentences about the types of nutrients.**

a _____ are vitamins and minerals.

b _____ include carbohydrates, proteins and fats.

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**9** Complete Anna's blog post with the words from the box.

ecological harms locally intensive nutrients production proximity quality safe

## Make a positive impact on the world!

People ask me if we can do our food shopping in a more sustainable way. You probably don't buy your food yourself but there is some advice you can give your parents.

Think **QPPO!** Let me explain.

**Q** is for _____. We need to make sure we are getting all the _____ we need and choose high-quality food.

**P** is for _____, this means nearby. Buy your food _____ and choose fruit and vegetable that is in season in your area.

**P** is for _____. Find out how the food is produced. You don't want food that _____ the environment. You want food that has been produced in _____ conditions for all the people and animals involved.

**O** is for origin. Stay clear of products that come from _____ agriculture. Go for organic and _____ food! It tastes better and its better for your health and the health of our planet.

**10** Complete the labels of the diagram to show a circular economy.

**11** Look at the image. Write 2-3 sentences about what food labels must include.

_____

_____

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