

# The Mediterranean Way

## Reading Act.2

### Reading

- 2 Read the article and then answer the questions.

### The Mediterranean Diet

For thousands of years, people living in the countries around the Mediterranean have eaten a 'poor' diet of vegetables, fruit, nuts, cheese and fish, but very little red meat and sugar. Experts have known for decades that this diet is the one we should all be following, since it leads to a healthier population with a longer life expectancy.

So, in 1993, a group of experts in the United States drew up an eating plan and a pyramid graphic to encourage healthy eating. They called it the Mediterranean Diet. Unlike most diets, the Mediterranean Diet is not about going on a diet, but about making a complete lifestyle change. It focuses not just on food, but also on how you eat your meals – sharing with your family and friends, and on taking part in a variety of physical activities and making sure you get enough sleep.

The diet is divided into different food groups and the pyramid shows how often the foods in each group should

be eaten. The base of the pyramid contains the food that we should eat more of, as they are the healthiest and more likely to lead to good health throughout your life. This group consists of food from plants, such as vegetables, fruit, bread, beans, nuts and seeds, and should be eaten every day.

The next group of food, to be eaten at least twice a week, is fish and seafood as it contains important oils which are particularly good for developing your brain. Eggs and dairy products, such as milk and cheese, and chicken should be eaten less frequently, although they are an important source of calcium.

Finally, in the smallest part of the pyramid at the top, are meat and sugary sweets. Too much red meat should be avoided since research has shown that it can lead to certain kinds of cancer and, of course, too much sugar will increase your weight and is bad for your teeth.

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Experts also advise people to drink a lot of water rather than coffee, tea and fizzy drinks.

Doctors believe that following a Mediterranean-style diet could help you lose weight, reduce your chances of depression, and possibly improve your brain power. Mediterranean food is easy to prepare and fairly cheap, so it's ideal for all families. Most importantly, your happiness levels are likely to increase as you will be eating more healthily, taking regular exercise and spending time with your loved ones.

**1- Which of these food groups should not be eaten on a regular basis?**

- a Fruit and vegetables.
- b Fish and seafood.
- c Beef and lamb.

**2- Why is sugar at the top of the pyramid?**

- a It can cause cancer.
- b It should only be eaten occasionally.
- c It should only be eaten with meat.

**3- How might people benefit from following the Mediterranean Diet?**

- a They may become more intelligent.
- b They may become heavier.
- c They may spend more money.

**4- Read the question and choose the two correct answers.**

**What are two of the results of following the Mediterranean Diet?**

- a Increased intelligence.
- b A healthier lifestyle.
- c Eating food only in the pyramid.
- d Eating less meat.
- e Spending more money on food.