An Interview with a Food Expert

Journalist: Thank you so much for accepting this interview. I'm a big fan of your cooking show. Could you share with us how you came up with such great idea for the show? It's great to learn how our ancestors used to cook!

Expert: Well, I have always been worried about how fast food restaurants are becoming more popular everyday. I wanted to show people that you don't need to cook all your meals in a microwave. There are a lot of other options!

Journalist: That's great. Do you think people used to eat more healthily back then?

Expert: Oh, definitely! They used fresh ingredients, not canned food as we do today. The food was rich in vitamins and had no chemicals at all.

Journalist: Which food groups were consumed the most?

Expert: Mostly meat, fruits and vegetables.

Journalist: Would you say that eating like our ancestors could reduce the obesity problem our world faces?

Expert: It could definitely help!

Questions

I Circle the correct answer.

I. Which food groups were often consumed by our ancestors?

a) Cereals and fish

b) Fatty foods and cereals

c) Vegetables, fruits and meat

d) Meat and dairy products

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II. Why did our ancestors have healthier meals?

a) They hunted their food and did not cook it.

b) They cooked their own food, and didn't have any processed foodsin their diets.

c) Processed foods were all they ate.

d) They had people who cooked their meals for them.

III. What's the biggest problem with canned food?

a) The chemicals used to preserve them are harmful for our bodies.

b) The tin cans can cut your fingers.

c) Canned food expires quickly.

d) There aren't many options of canned food.

II. Read the text again and match the columns.

a) Mostly used fresh food. 1) Ancient world

b) Mostly use canned food.

c) Easy access to food. 2) Modern world

d) Difficult access to food.

3. **Read the following eating habits and give your opinion about them.**

a) Kelly eats one bag of chips once a week. She eats a lot of chicken and a lot of Vegetables. She doesn't eat any fruits, but she does eat a lot of pasta.

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b) Tom eats one egg for breakfast every day, he drinks plenty of water but he doesn't eat any vegetables. Sometimes, he eats a banana or an apple.

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c) Emily doesn't eat any fruits or vegetables. She drinks a lot of water but she also eats a lot of fried food. She also eats a lot of meat and dairy products.

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III. INSTRUCTIONS: write a short summary of the interview.

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