

Mediterranean VS. American Diet



*Order the paragraphs in relation to the connectors. Drag and drop

1.

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Moreover, this type of diet is highly recommended by doctors all over the world because the food products it has are much healthier than in other diets, an example could be the use of olive oil instead of butter or other oils.

On the other hand, the American diet has been criticised due to the large amounts of fats it contains as people eat a lot of fast food. **Even though** they know it is not healthy and it can cause them several diseases such as heart attacks or obesity.

To start with, we will highlight that these two diets are well known around the world, the former as a healthy diet and the latter as an unhealthy diet.

On one hand, we have the Mediterranean diet, in which there is included a variety of vegetables, fruits and fresh food. For example: tomatoes, melons, lemons, salads...