

Food and diet

Exercise 1

Complete definitions and sentences 1 – 12 with words and expressions from the box. You will not need all of the words and expressions from the box.

allergy allergic anorexia balanced diet bulimia calcium calories carbohydrates
cholesterol consume consumption diabetes diet (noun + verb) eating disorder exercise
fast food fat fat farm fiber food group food intolerance food poisoning free range
genetically modified (GM) harvest health food heart disease junk food listeria malnutrition
malnourished minerals monounsaturated nutrition nutritious obese obesity organic
overweight protein salmonella saturated scarce scarcity underweight vegan
veganism vegetarian vegetarianism vitamins

- _____ are the parts of fruit, vegetables and grains that your body cannot digest, and helps food to pass through your body. _____ is the oil found in food, and there are three main types of this: _____, polyunsaturated, and _____.
- _____ are units used for measuring how much energy you get from food. _____ is a substance found in food such as eggs, milk, and meat that people need in order to grow and be healthy. _____ is a white chemical element that is an important part of bones and teeth, and is found in food products such as eggs, milk, and cheese. _____ are found in foods such as sugar, bread, and potatoes, and supply your body with heat and energy.
- People who weigh more than they should often go on a _____ to help them lose weight. Some of them may go to a _____, an informal expression for a place where people can go to try to lose weight by eating in a healthy way and doing lots of _____.
- _____ food is food which is produced without using artificial chemicals. _____ food is food produced from animals which are allowed to move around and feed naturally. _____ food is food that has been produced from a plant or animal that has had its gene structure changed in order to make it more productive or resistant to disease.
- People who eat too much, or who don't eat enough (often because they think they look fat), suffer from a medical condition known generally as an _____. Examples of this include _____ and _____.
- A _____ is someone who doesn't eat meat. A _____ is someone who doesn't eat meat or other products derived from animals (including cheese and milk).
- _____ is food that is made very quickly, especially food like burgers and pizzas that you can take out. It is sometimes called _____, because it is often not very healthy or _____.
- Someone who is heavier than they should be is _____. If they are a lot heavier than they should be, they are _____. The noun is _____. This can result in _____, cancer, _____, and many other serious illnesses.
- E-coli, _____, and _____ are three kinds of _____.
- Meat, vegetables, and dairy products are three of the main _____.
- If you eat a _____, you eat the correct amounts of the right sorts of food; you do not eat too much of one particular sort of food.

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12. People who have a _____ are unable to eat certain kinds of food because it has a negative effect on them (although it will not affect them seriously). People with an _____ to certain kinds of food must avoid them, as the effects may be much more serious (for example, if someone who is _____ to peanuts eats something with peanuts in, it might kill them).