

**3** Match the two halves of the sentences.

- 1 It's important not to eat a lot of chocolate
  - 2 Eating with your family is good for your health
  - 3 The diet in the Mediterranean area was called a 'poor' diet
  - 4 Olive oil is better than butter
  - 5 You don't just lose weight on the Mediterranean Diet
- a as it didn't have much meat in it.
  - b since it has less fat in it.
  - c as it contains too much sugar.
  - d as it's a complete lifestyle change.
  - e since you eat more slowly and enjoy your food more.