

## READING AND COMPREHENSION

### Food: fuel or pleasure? Match questions with answers.

1. Is food a pleasure for you? -----
  2. What do you normally eat in a typical day?-----
  3. Do you ever cook?-----
  4. Do you ever eat 'unhealthy' food? How do you feel about it?-----
  5. Are you trying to cut down on anything at the moment?-----
  6. Are people's diets in your country getting better or worse?.....
  7. Is food a pleasure for you?.....
  8. What do you normally eat in a typical day?.....
  9. Do you ever cook? .....
  10. Do you ever eat 'unhealthy' food? How do you feel about it?.....
  11. Are you trying to cut down on anything at the moment?.....
  12. Are people's diets in your country getting better or worse?.....
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- a) Not at home. I think most of the food I cook is healthy, but occasionally when I eat out I have something unhealthy, but it doesn't worry me.
  - b) Sometimes I get fast food for lunch. I have to admit that I love French fries. I feel terrible about it afterwards, but I don't do it very often.
  - c) I think people are trying to improve their diets, but they're doing it the wrong way, by following diets like the Atkins diet. Personally, I don't think it's very healthy to cut out entire groups of foods like carbohydrates.
  - d) I usually have a bowl of cereal or toast for breakfast. For lunch I eat at a restaurant near my office. I prefer Japanese or Indian food. I usually eat rice with fish and vegetables, soup or sushi. I don't eat meat, but I eat a lot of fish. In the evening, I just have something light at home.
  - e) Not really. I enjoy certain kinds of food, but most meals are just fuel to keep me going through the day
  - f) I think people's diets are getting worse and worse. It's quite strange because we have a lot of information now about how bad fast food is for you. I'm afraid it's a problem in a lot of European countries.
  - g) Not very often. I don't have the time or talent to cook full meals. I usually heat up a frozen meal or order a takeaway.
  - h) I'm quite traditional and I have three main meals a day. For breakfast, I like hot chocolate, and bread and butter with honey or jam. For lunch, I often eat in a restaurant with my colleagues. I usually have vegetables and meat or fish but I love pasta and rice too. In the afternoon, I have fruit with biscuits or a piece of chocolate. In the evening, I have a proper meal with my family.
  - i) I am trying to cut down on the amount of fat I eat. I'm also trying to eat more wholemeal bread.
  - j) Yes, I'm trying to eat less chocolate.
  - k) Yes, I cook every evening for my family. I often make soup or traditional French dishes like 'boeuf bourgignon', which is a kind of beef and red wine stew, and then we have cheese and salad. It may seem a lot but we don't eat big portions. What's important for me is quality, not quantity.
  - l) Yes, definitely. For me good meals with the family make me happy.

