



Here are some possible effects of an unhealthy diet.

- ☐ It makes you fat.
- ☐ You can get heart disease.
- ☐ It makes you aggressive.
- ☐ It makes your skin and hair look bad.
- ☐ You get worse academic results.

3 CD 2.10 You are going to hear people talking about the link between food and crime. Complete the gaps 1–9 with one word.

THE LINK BETWEEN FOOD AND VIOLENT CRIME

- TV commercials encourage people to ¹ _____ the wrong kind of ² _____
- The kinds of food shown in adverts include fizzy drinks, chocolate, ³ _____, biscuits, sweets, ⁴ _____ and chicken nuggets.
- There are no TV adverts for bananas or ⁵ _____
- The proportion of obese children has almost doubled in ⁶ _____ years.
- Children who don't have a balanced diet are more ⁷ _____.
- In the experiment, the number of violent incidents caused by the teenagers who changed their diet ⁸ _____ by ⁹ _____.

1 How often do you eat out? Do you enjoy it?

2 In what order do you usually do these things in a restaurant? Number them 1–8.

Ask for the bill

Have a dessert

Order

Have a main course

Leave a tip

Find a table

Have a starter

Read the menu

3 CD 2.11 You are going to hear a radio programme about an unusual restaurant. For questions 1–5 choose the correct answer A–C.

- 1 Why is it dark in the restaurant?
 - A To save energy.
 - B To make the atmosphere more romantic.
 - C To let you imagine what it's like being blind.
- 2 How do you find your table?
 - A You follow little lights in the floor.
 - B The waiter leads you there.
 - C There's just enough light to do it.
- 3 Which of these difficulties is NOT mentioned?
 - A Getting the waiter's attention.
 - B Finding things on the table.
 - C Pouring drinks.
- 4 What was special about the meal Lily and Julian ordered?
 - A It was vegetarian.
 - B They didn't know what they'd get.
 - C It was fried in a mustard sauce.
- 5 Which of these statements best summarises how Lily and Julian felt about the restaurant?
 - A They felt uncomfortable.
 - B It felt odd at first, but they liked it.
 - C They loved it from the start..