



Read the text and choose the right options to complete the sentences.

A Mediterranean diet is based on the traditional healthy living habits of people from countries bordering the Mediterranean Sea. Mediterranean cuisine is mostly based on vegetables, fruits, beans, whole grains, olive oil and fish. The Mediterranean diet is associated with a better quality of life and good health, including a healthier heart, a longer lifespan and good weight. People on a Mediterranean diet have a 30% lower risk of heart disease and stroke (удар). You can make your diet more Mediterranean by:

- eating more bread and pasta;
- eating more fruit and salad, including tomatoes and vegetables;
- eating more fish;
- eating less meat;
- choosing products made from vegetable and plant oils, such as olive oil.

The diet is similar to the doctor's healthy eating advice that shows the foods needed for a balanced, healthy diet. The eat-well plate shows how much you should eat of each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- plenty of fruit and vegetables;
- plenty of bread, rice, potatoes, pasta- choose wholegrain varieties if you can;
- some milk and dairy foods;
- some meat, fish, eggs, beans and other non-dairy sources of protein;
- just a small amount of foods and drinks high in fat and/or sugar.

It's a good idea to try to get this balance every day, but you don't need to do it at every meal. It is easier to get the balance over a longer period, such as over a week.

1. A Mediterranean diet is based on ____.

1. fat
2. vegetables and fruit
3. herbs

2. A Mediterranean diet is connected with ____.

1. the sea
2. traditional products
3. people's eating habits

3. A Mediterranean diet leads to ____.

1. obesity
2. better health
3. new habits

4. A Mediterranean diet means eating a lot of ____.

1. fish and salads
2. meat and pasta
3. chicken with herbs

5. A Mediterranean diet is especially good for ____.

1. the voice
2. strokes
3. the heart

6. The recommendation is to have ____ meat.

1. a small amount of
2. a lot of
3. no

7. Dairy products are good if you eat and drink them ____.

1. every day
2. several times a day
3. not very often

8. The main idea of the diet is ____.

1. to lose weight
2. to keep the balance
3. to put on weight