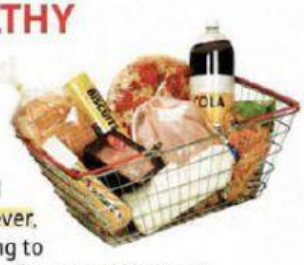
The British diet
– STILL UNHEALTHY



Britain has a problem with obesity (more than 50% of the population are fat or overweight) and the government says we need to have a healthier diet. However, British shoppers are continuing to fill their supermarket baskets with unhealthy food.

A survey of 12 million consumers showed that 44 per cent of people have the same unhealthy eating habits that they had four years ago. The survey also found that shoppers who normally have a very healthy diet start buying junk food, e.g. frozen pizzas, crisps, and cakes, if there is a crisis in their lives, for example divorce, moving house, or losing a job.

Another thing the survey showed is that there is not much difference in price between a healthy shopping basket and an unhealthy one. A typical healthy basket costs, on average, £71.78 compared with £71.18 for an unhealthy one. Martin Hayward, the director of the study said 'Many people don't eat healthily because they worry that healthy food is more expensive, but the survey shows that this is not true. We believe the reason why some people eat unhealthily is because they don't know how to cook so they buy ready-made meals.'

Read the article once. Then read it again and choose a, b, or c.

1 In British supermarkets people now _____.
   a buy more healthy food than before
   b buy less healthy food than before
   c buy the same kind of food they bought before
2 When people have a problem or big change in their lives they often _____.
   a eat unhealthy food b eat a lot c eat healthy food
3 If you want to eat healthily, you need to _____.
   a spend a lot of money
   b learn to cook
   c stop worrying about what you eat

Look at the highlighted words or phrases in the text and guess their meaning.