4 READING

a Read the article once and put the headings in the correct place.

A Can I eat apples?
B How can I prevent serious illnesses?
~~C How should I start the day?~~
D Do I really need to eat five a day?

The truth about healthy eating

Food experts are always telling us what we should and shouldn't eat, but they often give us different advice. Our food writer, Teresa Gold, has had a look at all the information to work out what is fact and what is fiction.

1 C

A full-English breakfast will certainly stop you feeling hungry, but it's high in calories which means that you'll put on weight if you have it regularly. A healthier option is to have just the egg. Boil it instead of frying it, and eat it with a piece of toast made with brown bread. Breakfast cereals are very high in sugar, so if you feel like cereal, have muesli – with no added sugar. You can also get your first vitamins of the day by drinking a glass of freshly-squeezed orange juice.

2 _____

Fruit and vegetables contain the vitamins and minerals we need to stay healthy. But five is actually a fictional number thought up by an American nutritionist. She looked at what the average person ate and doubled it. According to more recent research, the right number is actually eight. The research shows that people who have eight pieces of fruit and vegetables a day are much less likely to suffer from heart disease than those who eat three.

3 _____

This particular fruit has had some bad publicity because dentists say it can harm our teeth. While it's true that apples do contain a little sugar, they are also a source of fibre. Nutritionists say that we need about 18g of fibre a day, and a medium apple – peel included – contains about 3g. Some varieties contain more fibre than others, so you should choose carefully.

4 _____

The key to good health is a balanced diet which contains fats and carbohydrates as well as proteins, vitamins, and minerals. Fats may be high in calories, but they also contain vitamins. According to the World Cancer Research Fund, you should only have about 500g of red meat per week – a steak is about 100g. One type of food on its own won't kill or cure you, but eating the right amount of the right food will stop you getting ill.

Read the article again. Mark the sentences T (true) or F (false).

1 A full-English breakfast every morning isn't good for you. T
2 The best breakfast is any type of cereal. ___
3 An American nutritionist carefully calculated the amount of fruit and vegetables we should eat. ___
4 We should eat more than five pieces of fruit and vegetables per day. ___
5 Apples contain a lot of sugar. ___
6 All apples have the same amount of fibre. ___
7 Fats can be good for us. ___
8 You can eat as much red meat as you want to. ___

Look at the highlighted words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

Exercise 1

Choose 'Past Simple' or 'Present Perfect'

We normally use the _____ when we want to talk about something which happened in the past but is relevant now. Often we use words like 'just' / 'already' / not ... yet' with this tense. We also use the _____ to talk about an imprecise time in the past but as soon as we become precise we swatch to the _____.

E.g. : I haven't spoken to Luke yet but I've already informed Brian.
I've never been to Australia. Have you ever been there ?
Yes I have. I went in 2008.

Exercise 2

Fill in the appropriate tense: present perfect or past simple

1. I (see) _____ that programme about telepathy last night.
2. He (come) _____ back from Uganda a week ago.
3. Last week, he (phone) _____ me to inform me about the matter.
4. He (travel) _____ a lot recently.
5. Claire (have) _____ an appointment at the hairdresser's yesterday.
6. He's the most difficult customer I (have to - ever) _____ deal with.
7. Sales (rise) _____ in 2001, but then (fall) _____ again in 2002.
8. We (sign) _____ a binding contract last year which is still valid.
9. I feel really tired. I (finish - just) _____ my homework.
10. Look at George ! He (have) _____ a haircut.

Comparative and Superlative - exercises

Fill in the correct form of the words in brackets (comparative or superlative).

1. My house is _____(big) than yours.
2. This flower is _____ (pretty)than that one.
3. Non-smokers usually live _____(long) than smokers.
4. Who is the _____(rich) woman on earth?
5. He was the _____(clever) thief of all.
6. New York is _____(big) Paris.

Relative clause

1. I like the guy _____ gave me the book.
2. The teddy bear _____ is pink was thrown away.
3. I didn't know _____ money it was.
4. Bradford, _____ Toom comes from, has a lot of curry restaurants.
5. The day _____ I met him was the best day in my life.
6. The girl _____ you saw yesterday is my best-friend.
7. Hana found a cat _____ leg was broken.
8. Hanoi is the place _____ I like to come.
9. The boy _____ is watching TV is my son
10. Have I told you about the man _____ is living in my house?