

Matura bez problemu – zadania tekstowe 7

Przeczytaj tekst. Po każdym akapicie zdecyduj, czy zdania podane poniżej wyrażają prawdę - 'true', czy fałsz - 'false'.

Standing in a modern supermarket and observing people doing shopping, it may appear unbelievable that anyone today could have a deficiency of vitamins and minerals. But appearances can be dangerously misleading.

- a) **The amount and kinds of food that people buy and consume these days does not stand for their intake of vitamins and minerals.**

Consider, for instance, that about 25 percent of all the calories we average modern people consume come from added sugar, which contains nothing but calories. We may safely cross out one-fourth of our diet as a potential source of vitamins and minerals.

- b) **Only a quarter part of the modern day diet consists of products that provide people with the necessary elements.**

If we exclude those who never drink at all, those remaining take in, on average, some 20 to 25 percent of all calories from alcohol. Alcoholic beverages contain at best only traces of vitamins and minerals. So between the sugar and the alcohol, an average person is now getting approximately half of their daily calorie quota from sources that are hardly nutritious.

- c) **Only about a half of food products that people consume provide them with beneficial nutrients.**

Even more calories in a typical modern diet come from processed fats, cooking fats, salad oils as well as oils added to baked goods. Such fats which contain only minimum amount of vitamins may constitute another 15 to 30 percent of daily calories.

- d) **A variety of oils and fats added to food products make a substantial and healthy component as well as a required source of calorie.**

Ironically, the same food technology that has given us the opportunity to eat like kings has also made it possible for us to waste two-thirds of our daily diets on food that could not keep a mouse alive. Still, most of us know that vitamins and minerals play an increasingly important role in how we feel and perform.

- e) **A major part of food products that people consume these days do not represent a reliable source of a nutritious diet.**