



Task 1. Read the Reading Strategy.

Read the text and match sentences A-E with gaps 1-4. There is one extra sentence.

Reading Strategy

When you do a gapped sentence task, look for clues before and after each gap. For example, if a sentence starts with **And** or **Furthermore**, it probably introduces additional information.

Other words can be used for

- contrast: **But, However**
- consequences or conclusions: **So, Therefore**

A Today, 50% of the same universities promote insects as food.

B The popularity of Mexican food in the USA is also helping, as companies such as Don Bugito offer traditional Mexican insect dishes.

C Moreover, the amount of land needed to produce enough insects to feed the whole country is much smaller than the land needed to produce meat.

D But will it be enough?

E However, in parts of Asia, Africa and Central America, where there are plenty of big, juicy insects all year round, they are considered a delicious staple.

Answer the questions after reading the text and filling the gaps.

1 What reasons are used to support an insect-based diet?

2 How are supporters of insects as food trying to persuade Americans to eat them?

THE INSECTS ARE COMING!

With an abundance of cheap food and a weakness for junk food, the dietary habits of many Americans (and people in other Western countries) have led to an obesity epidemic. As a result, a growing number of food experts are saying it's time to replace traditional dishes with more nutritious and also more economical and ecological dishes: dishes that contain insects.



If you put a plate of bugs (as insects are often called in the USA) in front of an American, they, like most Westerners, would probably refuse to eat them. Insects are seen as pests that destroy food crops rather than delicacies to be eaten. 1..... The challenge for the promoters of insect-based meals is to make Americans see them in the same way.

During the 20th century, if you had visited a research department at an American food and agricultural university, you would have heard about how they were trying to reduce insect numbers due to the negative impact they have on crops and seeds. 2..... Furthermore, insect fairs such as the BugFest at the North Carolina Museum or The Great Insect Fair at Penn State University explain that grasshoppers, moths and their cousins are an excellent source of nutrients like protein, minerals and vitamins. The fairs also offer the more adventurous visitors 'bug banquets', which serve mouth-watering insect dishes.

Apart from the scientific community, a growing number of market stalls and restaurants are providing insect meals too. 3..... What is more, fans of insect-based cooking like Daniella Martin are spreading the word that bugs are good for you. Martin's blog *Girl Meets Bug*, her internet cooking videos and her newspaper columns are all contributing to changing Americans' perceptions of insects. 4..... While entomophagists (people who eat insects) agree they face an uphill struggle, with 70 million obese citizens and millions more who want to be environmentally friendly, it seems that this could be the right time for insects to invade America's kitchens.



Task 2. Listen to another episode of Bossing It called Snack for success. Then match the ideas from the podcast with their endings.



- 1) I guess everyone knows that snacks which...
- 2) You're right - sugar, and carbohydrates in general, give you energy...
- 3) This is high in protein, and also has calcium for...
- 4) The best snacks give you energy slowly and these contain protein,...
- 5) My third snack is simply peanut butter served with some celery sticks or apple slices.
- 6) Have a hard-boiled egg! This is...
 - A. very quickly and then you feel tired again after a short time.
 - B. fibre and healthy fats.
 - C. another high-protein snack that's easy to make.
 - D. There's a lot of protein and vitamins in this one and it takes seconds to prepare.
 - E. are high in sugar aren't good for you.
 - F. strong bones, as well as probiotics for a healthy stomach.

Task 3.1. Complete the words in the sentences.

- 1 Sausages, sliced ham and bacon can be tasty, but p_____ m_____ is not very good for you.
- 2 You should avoid all types of p_____ f_____ such as pre-cooked meals.
- 3 D_____ p_____ like milk and cheese are important for growing children because they strengthen their bones.
- 4 It's much better to eat brown bread made from w_____ g_____ flour rather than processed white bread.
- 5 Some p_____ farmers keep turkeys and ducks as well as chickens.

Task 3.2 . Complete the sentences with the words below.

calories carbohydrates dairy products minerals preservatives pulses

- 1 People burn when they do exercise
- 2 Nuts, eggs and are good sources of protein.
- 3 can be found in bread, rice, pasta and potatoes.
- 4 contain calcium, which makes teeth and bones stronger.
- 5 Processed food contains so that it doesn't go off.
- 6 Salt is one of the most common found in food, but there are many others.



Task 3.3. Listen and complete the advice with the words you studied.



- * You don't have to eat broccoli, which is full of 1..... , with oil and salt, but it might help to make it tastier!
- * Sweet potatoes and tomatoes contain a lot of 2..... .
- * You should try and avoid red meat because although it has 3..... , it also has a lot of 4..... .
- * You must eat fruit – bananas are a good option because they have a lot of 5..... .
- * You mustn't eat too many nuts because although they provide you with 6..... , they also contain a lot of 7..... .
- * If you have to exercise in the evening, milk will help you relax and provide your bones with 8..... .

Task 4.1 Express your opinion.

a. Fast food is always unhealthy. (agree/disagree)

Reason: _____

b. Vegetarian diets lack essential nutrients. (agree/disagree)

Reason: _____

c. Drinking fruit juice is as healthy as eating whole fruit and is lower in carbs. (agree/disagree)

Reason: _____

d. Organic food is more nutritious than non-organic food. (agree/disagree)

Reason: _____

e. Consuming a variety of foods is important for a balanced diet. (agree/disagree)



Task 4.2. Continue the sentences.

a. In my opinion, the most disgusting healthy food is...

b. One way to make vegetables more appealing is to...

c. A common misconception about taste and nutrition is that...

d. I think it's important to teach children about nutrition because...

e. If I could give advice to someone trying to eat healthier, I would say...

Task 5. Choose one of the statements, express your opinion on the subject. Use the words studied at the lesson to support your ideas.



- Do you think meat businesses might go bust or will they turn vegan in order to stay in the market?
- Do you know people who have gone further and started avoiding all links to animal exploitation, such as wearing wool or leather or using products tested on animals?

