

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.

- b 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. —

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

5 LISTENING

- a **iChecker** Listen to a radio phone-in programme about the article in exercise 4. Tick (✓) the caller(s) who completely agree with it.

- | | | | |
|-----------|--------------------------|---------|--------------------------|
| A William | ☐ | C Harry | ☐ |
| B Kate | ☐ | D Rosie | ☐ |

- b Listen again and answer the questions.

Which caller...?

- 1 thinks that some fruit and vegetables are unhealthy —
- 2 says that most children prefer fast food —
- 3 eats very little fruit —
- 4 is very healthy because he/she eats a lot of fruit and vegetables —

- c Listen again with the audioscript on p.69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- carbohydrates /kɑ:bəʊ'haidreɪnts/
protein /'prəʊti:n/
awake /ə'weɪk/
oily /'ɔɪli/
powerful /'paʊəfl/
relaxed /rɪ'læksd/
sleepy /'sli:pi/
stressful /'stresfʊl/
violent /'vaɪələnt/
ready-made food /redi meɪd 'fu:d/