Reading Ex. > Eating for Good Health



When it comes to nutrition, many people often make poor choices. Sometimes bad eating habits are not the consequence of a lack of nutritional information or the unavailability of nutritious foods; some people simply choose to eat poorly. They prefer to eat only the foods that 'taste delicious' to them. Unfortunately, the decision to eat poorly has lasting consequences. In 2022, 1 in 8 people in the world were living with obesity. Worldwide adult obesity has more than doubled since 1990, and adolescent obesity has quadrupled. Furthermore, many suffer from conditions such as heart disease, high blood pressure, and adult-onset diabetes that can result from poor lifestyle choices. If we want to live long, healthy lives, we must make better nutritional decisions.

Proper nutrition begins with knowledge. In different countries the ministries of agriculture or health issue food guidelines to help people to make appropriate nutritional choices. These guidelines are summarized in a chart called the *Food Guide Pyramid (FGP)*. That pyramid is based on research into the specific types of nutrients needed for disease resistance and proper body weight.

According to the FGP, Americans should get most of their daily calorie intake from bread, cereal, rice, and pasta, eating 6 to 11 servings of these foods per day. Whole-grain products are the best. The larger numbers of servings are intended only for people such as athletes, whose work includes a great deal of physical activity. Following this category are the fruit and vegetable categories, with a total suggested consumption of from 5 to 9 servings per day. This emphasizes the importance of fibre, vitamins, and minerals in maintaining a healthy lifestyle. The Pyramid's other recommendations include 2 to 3 servings of dairy products and 2 to 3 servings from a group that includes proteins such as meat, fish, beans, and nuts. Likewise, fats and sweets should be eaten sparingly.

There are many risk factors that contribute to poor health. Among these are such lifestyle choices as improper nutrition and inadequate exercise. Current research by the American Heart Association shows that heart disease very often begins when a person is at an early age. Despite this, many people in America and around the world still think they can postpone healthy eating and proper exercise until they have health problems. Unfortunately, diseases are not generally detected until symptoms begin, and by then it may be too late. To live long and productive lives, we must make proper choices now, including healthy nutritional choices.



(+ -400 words)

Recalling Facts

1. Since 1990 the levels of obesity have increased considerably in ____

a. children. **b.** teens. **c.** adults. **d.** old people.

2. The consumption of fats and sweets should be ____

a. unlimited. **c.** followed according to the pyramid.

b. after the intake of proteins. **d.** restricted.

Text taken and adapted from *Timed Readings Plus in Science (2002)*. McGraw-Hill Glencoe. New York, US.
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3. The approximate percentage of people who are obese is ____

a. 8 per cent. **b.** 12 per cent. **c.** 20 per cent. **d.** 40 per cent.

4. The Food Guide Pyramid recommends the lowest number of daily servings be in the ____ category.

a. fruits and vegetables **b.** fats and sweets **c.** grains and cereals **d.** proteins

5. According to the American Heart Association, heart disease usually begins in ____

a. adolescence. **b.** middle age. **c.** childhood. **d.** adulthood.

Understanding Ideas

6. This article suggests that bad decision-making can make a person ____

a. be more aware of their lifestyle.

b. more vulnerable to disease.

c. choose an inadequate nutritional pyramid.

d. less athletic and productive.

7. According to the article, the *Food Guide Pyramid* categorizes different food groups by the ____

a. number of calories in each.

b. grams of fat recommended per day.

c. number of recommended portions per day.

d. proper intake of nutrients per serving.

8. The *Food Guide Pyramid* was probably developed to ____

a. provide people the essentials for a well-balanced diet.

b. make people feel good about what they eat.

c. tell people the categories of foods they should avoid.

d. warn people of what foods could cause diseases.

9. You can conclude that fruits and vegetables are rich in ____

a. fat and minerals. **b.** protein and fibre. **c.** energy. **d.** vitamins and minerals.

10. A middle-aged person who has been eating a diet high in fat since childhood probably has ____

a. a well-balanced health lifestyle.

b. developed some form of heart disease.

c. gained some weight with no risk to their health.

d. been detected symptoms of a health disease.

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