

4B Street food

VOCABULARY BUILDING Compound adjectives

1 Match the words to make compound adjectives.

- | | |
|-----------|-----------|
| 1 a deep- | baked |
| b oven- | dried |
| c home- | fried |
| d sweet- | made |
| e sun- | tasting |
| 2 a well- | cooked |
| b old- | finished |
| c good- | fashioned |
| d over | known |
| e half- | looking |

READING

2 Read the text and match the summaries (a–f) with the paragraphs (1–5) next to each statement.

- a the real cost of avocados ____
- b superfoods and natural resources ____
- c the consequences of quinoa's popularity ____
- d a description of superfoods ____
- e a description of quinoa ____
- f the limitations of superfoods ____

3 Read the statements. Are the sentences true (T), false (F) or is the information not given (NG)?

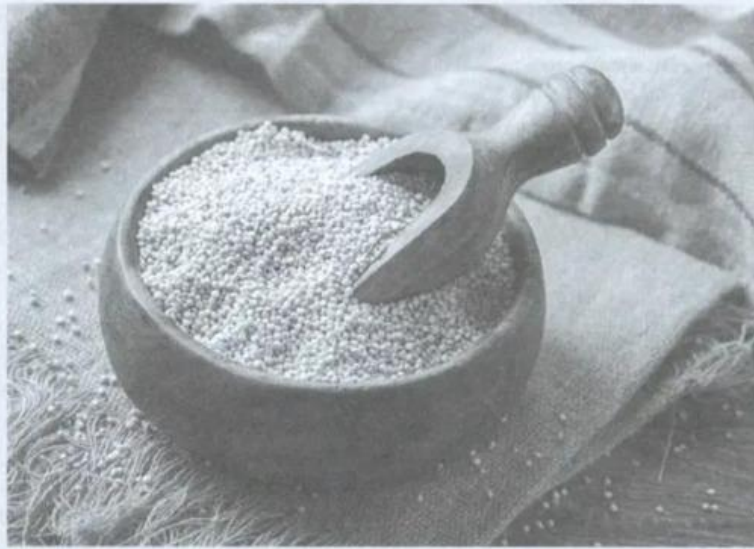
- 1 Superfoods are packed with benefits that aren't always available in other foods. ____
- 2 Quinoa can be cooked like rice. ____
- 3 Quinoa has only recently become known in South America. ____
- 4 Because quinoa is so rich in nutrients, it's a good substitute for meat. ____
- 5 Like quinoa, avocados have very specific requirements for growth. ____
- 6 Superfoods are good for us, and they're also good for the environment. ____

4 Choose the correct option to complete the sentences.

- 1 Avocados, like quinoa, blueberries, almonds and salmon, are considered a _____.
 - a grain
 - b seed
 - c superfood
- 2 These types of food are thought to be rich in nutrients and low in _____.
 - a diets
 - b calories
 - c resources
- 3 Quinoa is an ancient _____ that, until recently, was unknown outside South America.
 - a grain
 - b seed
 - c nutrient
- 4 The _____ of the quinoa plant can be cooked and eaten.
 - a flower
 - b seeds
 - c production
- 5 A consequence of quinoa's popularity is a change in the _____ of people who've traditionally grown it.
 - a price
 - b popularity
 - c diet
- 6 Rice and noodles are less _____ than quinoa.
 - a health
 - b nutritious
 - c nutrients
- 7 The _____ of a kilo of avocados takes more than 800 litres of water!
 - a resources
 - b advantage
 - c production



The quinoa conundrum*



1 **36** Do you love avocados? Do you adore almonds? These familiar foods have, among others, recently become known as 'superfoods'. What makes a food 'super'? So-called superfoods are a special category of foods that are considered nutrient-rich, low in calories and packed with health benefits not always found in other foods. Almonds, avocados, blueberries and salmon are among the most commonly known superfoods.

2 There are also a number of less familiar foods that fall into the category of superfoods. Among these is an ancient grain called quinoa. Quinoa is a flowering plant that until very recently was known and used only in the Andean highlands of South America. The seeds of the quinoa plant can be cooked like rice and other grains, and are unusually well-balanced – the tiny grain is rich in fibre*, amino acids*, vitamins, minerals and other important nutrients. Although quinoa has been eaten in South America for thousands of years (the ancient Incas referred to it as 'the mother grain'), it's only recently become known to the rest of the world as a superfood.

3 One result of the sudden and tremendous popularity of quinoa is a change in the diets of people who've traditionally grown and eaten it. Because their crops are now more valuable and they have more money to spend, some quinoa growers prefer to eat less quinoa and more of the non-traditional and often less nutritious foods that were previously unavailable to them, such as rice or noodles, and even sweets and fizzy drinks.

Other quinoa farmers can no longer afford to eat the newly expensive grain they grow and have to find alternative foods to eat.

4 Another issue related to the popularity of this superfood is the availability of resources needed to grow it. As prices for quinoa continue to rise, so do prices for the land on which it's grown. And because the quinoa plant has very specific requirements, there's only so much available land on which to successfully farm it. The same is true for avocados. Avocados are another ancient Latin American food that has become wildly popular after being labelled a superfood. Avocados require water, and lots of it! It takes more than 800 litres of water to produce a kilo of avocados. That's like filling a bathtub with water for each avocado you eat! In the state of California, half a billion kilos of avocados are grown annually, and that means billions of litres of water for their production. But California sometimes experiences extended periods of drought*, making the cost of water, like the cost of land, rise dramatically. This makes water-hungry avocados expensive to buy and sometimes too expensive to grow.

5 Are superfoods good for your health, but bad for the planet? As is the case with almost anything we eat or use, sustainability is always an issue. It's becoming clear that we won't always be able to have everything we'd like to eat, at any time of year, wherever we are. Even superfoods come at a cost.

conundrum a question that has no real answer

fibre a substance in plants that helps food pass through the body

amino acid acids that occur in living things and that sometimes form proteins

drought a long period of time during which there is very little or no rain