

# Unit 03

## Fast-Food Chains Listing Calories



### Warm-Up

Hãy cùng bạn học trả lời các câu hỏi dưới đây.

- 1 Do you try to eat healthy foods?
- 2 What kinds of foods are healthy to eat?
- 3 What kinds of foods are less healthy to eat?

### Introducing the Topic



On average, people should eat between 2,000 and 2,500 calories a day. However, many people eat fast food these days.

The problem is fast food often has many calories. Even though fast food is convenient, people want to eat foods that have less fat and calories. So some places in the U.S. and other countries make restaurants list nutritional information on their menus.

# Learning about the Topic

Should fast-food chains list calorie counts?

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## Đọc và gạch chân các lập luận hỗ trợ trong đoạn 2 và đoạn 3.

Eating healthy foods is important. Some fast-food restaurants in the U.S. list calorie counts on their menus. Does this help people eat healthier?

### List Calorie Counts

For one, customers can choose healthier meals. They can compare calories of menu items more easily. For example, someone on a diet can easily see which items have fewer calories and choose a healthier meal. Second, restaurants will



create healthier dishes. They want to show that they serve healthy meals. One study in the U.S. proved this. It said that restaurants started serving meals with lower calories when they had to **post** the calories. They did this so customers would not think their foods were too unhealthy.

### Do Not List Calorie Counts

First, most people do not care about the calories in fast food. When they go to fast-food restaurants, they just want a cheap and tasty meal. One study says that only one-third of customers **notice** the calorie counts on menus at fast-food restaurants. Next, even if people look at calories, they do not choose to eat healthier foods.

Starbucks found that people **consumed** only 6 percent fewer calories per order than before posting them. This change is too small to provide any health benefits. Knowing calorie counts does not make people choose lower-calorie foods.



Answers: p 113

## Vocabulary Check

■ Chọn từ thích hợp để hoàn thành các câu sau.

post

consumed

## notice

provide

compare

1. You should look at many different prices before you choose.
2. I didn't see Randy hiding in the closet, so he scared me.
3. Please write down your name and birthdate at the top of the page.
4. I already had a cup of wine before you arrived.
5. Every day, I will put up your homework on the board.

Answers: p 113

## Comprehension Questions

■ Chọn câu trả lời đúng cho từng câu hỏi dưới đây.

1. How does listing the calories help people eat healthier foods?

- They can spend less money on eating at fast-food restaurants.
- They can compare how many calories each menu item has.

2. Why did restaurants in the U.S. begin serving lower-calorie meals after posting the calorie counts?

- Because the government made restaurants serve foods with fewer calories
- Because they did not want customers to think their foods are unhealthy

3. What is true about people who eat at fast-food restaurants?

- Most of them do not look at the calorie counts on menus.
- Most of them choose foods that have the most calories.

4. What is true about Starbucks after posting its calorie counts?

- Starbucks made many new menu items that have fewer calories.
- People did not change their food choices very much.

Answers: p 113