Unit 8

Food science



Lesson A Grammar Information focus

A **Complete the sentences with a correct passive form of the verbs given.**

1. With global warming, it is thought (think) that harvests in some parts of the world _____ (will affect) by drought. As a result, crops that can survive in drier weather conditions _____ (must develop). Recently, crops that need less water _____ (have grown). In addition, these crops _____ (can grow) in poor soil with few nutrients.
2. In the future, it _____ (hope) that more food _____ (will sell) in the same areas where it _____ (produce). This would mean that crops _____ (will not transport) over long distances from farmer to consumer. It also means that less food _____ (would import).

B **Rewrite each sentence in the paragraph in the passive without *they*.**

Organic food is food that **they** grow without pesticides. **They** have practiced organic farming methods for thousands of years. It became less popular in the twentieth century as **they** invented more productive methods. **They** didn't consider organic farming effective, and **they** used more pesticides and other chemicals to increase crop yields and grow more food. More recently, however, **they** have reconsidered the value of organic farming, and **they** expect the market for organic food to grow in the future.

Organic food is food that is grown without pesticides.

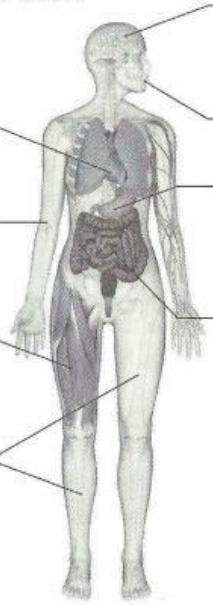
C **Rewrite the predictions in the passive. Start with the words given. Add *by* if necessary.**

1. In countries that have food shortages, farmers are going to use improved farming methods.
   Improved farming methods _____ .
2. Engineers are going to build better greenhouses so we can have longer growing seasons. Supermarkets will sell less imported fruit in the future.
   Better greenhouses _____ . Less imported fruit _____ .
3. Supermarkets are going to encourage consumers to buy more food that is produced locally. They're no longer going to fly food halfway around the world.
   Consumers _____ . Food _____ .

LIVEWORKSHEETS

Lesson B Vocabulary For your health

A **Circle the correct option to label the picture.**



1. digestive system / heart
2. liver / skin
3. heart / muscles
4. bones / muscles
5. brain / liver
6. muscles / teeth
7. heart / liver
8. digestive system / muscles

B **Complete the sentences with the words in the box.**

brain
digestive system
heart
liver
muscles
skin

1. The _____ removes toxins and is part of your digestive system.
2. The _____ controls thought, memory, and feelings.
3. _____ produce movement in your body.
4. The _____ pumps blood around the body.
5. _____ covers your body and protects it from disease.
6. The _____ processes food so that it can be used by the body for energy.

C **Complete the excerpts from a presentation with the words in the box.**

blood pressure	digestive system	immune system	skin
bones	eyesight	metabolism	teeth



Today I'd like to talk about "functional" foods. These are foods that are considered to have extra health benefits such as strengthening your _____ so that you can fight disease, or lowering your _____, which is important for good heart health. Typically, "functional" foods have added nutrients. For example, calcium-fortified orange juice. As most people know, you need calcium to help prevent your _____ from breaking, and for healthy _____ and gums....

... We'll move on and look at another product. Some yogurt manufacturers claim that the probiotics in their products help the stomach and _____ to process food better. Other studies have shown some low-fat yogurts can help increase your _____ and possibly lead to weight loss....

... So, in the future, "functional" foods are going to become big business. We might even see cake mixes that help improve your _____ and help you see better at night. Or drinks that contain additives that can keep your _____ clear and healthy, and prevent it from aging so quickly.

LIVEWORKSHEETS

Lesson B Grammar Describing causes and results

A **Circle the correct form of the verbs to complete the sentences.**

1. Using a lot of salt may cause your blood pressure **from rising / to rise**.
2. Eating too much sugar may make your immune system **work / to work** more slowly.
3. Paying attention to food labels enables you **make / to make** better choices.
4. Some people say you should let your body **tell / to tell** you what foods it needs.
5. Eating avocados may protect you **getting / from getting** heart disease.
6. Drinking a lot of water may allow you **to control / from controlling** your weight.
7. Chili peppers can keep you **to gain / from gaining** weight.

B **Complete the conversation with a correct form of the verbs given. Add *from* where necessary. Sometimes more than one answer is possible.**

A You know, my friend only eats raw food. It's supposed to prevent you _____ (age), and she says it keeps you _____ (have) problems with your digestive system.
B Isn't that because a raw-food diet enables you _____ (digest) food more quickly? So it helps you _____ (absorb) more nutrients?
A Yes, but I believe some foods are better cooked, like tomatoes. Cooking them lets the fiber _____ (break down), and it allows you _____ (get) more of the nutrients.
B Huh. Don't tomatoes protect you _____ (get) certain types of cancer, too?
A I don't know. I heard that they can help you _____ (control) your blood pressure.
B So they can make your blood pressure _____ (go down)?
A Well, I don't think they cause your blood pressure _____ (rise).
B I should eat more tomatoes. It looks like they could help me _____ (improve) my health!

C **Complete the article with the words in parentheses. Put the words in the correct order and form. Add *from* where necessary. If you can leave *from* out, write ( ). Sometimes more than one answer is possible.**

Here are our top tips for staying fit and feeling great



- Drinking lots of water can _____ (lose / help / you) weight. It increases your metabolism and can _____ (you / eat / stop) too much.
- Are you sleeping enough? Research has shown that sleeping at least seven or eight hours a night might _____ (protect / skin / age / your).
- Experts say breakfast is the most important meal of the day. One healthy breakfast food, cereal, might _____ (you / get / protect) heart disease. Add some blueberries to your cereal. They will _____ (concentrate / you / help).
- Exercise. Regular exercise is good for your heart, and it can _____ (get / you / keep) heart disease. Exercise, such as running or swimming, can _____ (keep / help / bones / your) stronger. Exercise also _____ (help / have / prevent / people) health problems later on in life.

LIVEWORKSHEETS

Lesson D Reading Know your pests

A Prepare **In what ways are ants pests? Scan the online article, and underline evidence of ants as pests.**

Ants: are they all bad?

1 There are more than 12,000 species of ant around the world. They are generally thought of as pests – just go to any supermarket, and you will find a variety of products designed to help you get rid of them. It is certainly annoying when ants get into the kitchen or show up uninvited to a picnic, and obviously, it is painful to be stung! However, are all ants pests, or can some ants be beneficial?



2 A pest is an insect or a small animal that is a threat to the environment, the economy, or human health. ☐ Of all the pests in the world, fire ants are one of the most annoying – and most dangerous. These tiny red ants, originally from South America, were introduced by accident in the southern U.S. in the 1930s, where a moist and warm climate has enabled the number of ants to increase dramatically in states like Alabama and Florida. Today, fire-ant colonies cover more than 1 million square kilometers in this region and cause more than $6 billion in economic losses every year, including medical expenses and damage to crops.

3 Fire ants are aggressive, and their stings can be dangerous. ☐ Furthermore, the economic damage caused by the ants, which eat small plants before they have grown to full size, is devastating. This has been the painful discovery that people from the Philippines, China, and Australia have made in the last 25 years as fire ants have spread in these countries at an alarming rate, due to trade with the U.S. But why are ants a problem in these countries and not in their native South America?

4 Fire-ant colonies have been prevented from growing too quickly in South America as a result of parasites, viruses, and competition with other ant species. A lack of these natural enemies is believed to be one factor that has allowed fire ants to spread quickly in other parts of the world and is believed to contribute to their survival. ☐ Moreover, this growth is not slowing down: scientists believe that fire ants might well spread across half the planet.

5 So what does this mean? Is it all bad? It is well known that earthworms are a farmer's best friend. They improve the quality of farmland by turning over the soil. This helps to get air into the soil, which enables more water to be absorbed and crop production to increase. However, what many people don't realize is that many species of ant are even more beneficial to soil than earthworms. ☐

6 Some ants also act as natural pesticides, killing harmful crop-eating insects and protecting plants. In fact, the earliest known use of biological pest management – by Chinese orange growers – was described in a book written by Chinese botanist Hsi Han in AD 340. Bamboo "bridges" were provided by the farmers, which allowed the ants to move from tree to tree in order to reach and kill the "bad" insects.

7 Ants are also important distributors of seeds and play an important role in pollination. ☐ In desert areas, for example, some plants depend on ants alone to harvest and "plant" their seeds. Ants have become even more important since it was discovered that crops are being threatened by a mysterious decline in the bee population in recent years. As more bees die and their colonies collapse, ants could prevent the disappearance of bees from becoming a devastating crisis.

8 We may continue to think of ants as pests, but they perform a number of helpful jobs. It might be difficult, but try to remember this the next time you get stung by a fire ant, or an army of ants invades your kitchen.

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B Read for main ideas **Where do these sentences fit in the article? Write the letters a–f in the boxes in the article. There is one extra sentence.**

a. For example, only 85 years after their introduction, there were five times more fire ants per kilometer in the U.S. than in their native South America.
b. In some cases, they can be just as effective as bees and flies in pollinating crops.
c. Queen ants can fly up to one-quarter of a mile on their own.
d. Take fire ants, for example.
e. Medical attention is sometimes required after people are stung, and small animals can even die from multiple fire-ant stings.
f. It has been discovered, for example, that the holes most ants make in the earth allow more rain to be absorbed.

About you

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