

LISTENING: HEALTHY EATING

Read the notes below and listen carefully to the recordings. Complete the missing information with **no more than three words**. Gap 0 is given as an example.

You are going to hear two excerpts from a talk about well-known but false myths about healthy eating.

PART ONE

Ex. 0	The program will discuss MYTHS about healthy eating.
1.	You may think that by drinking _____ you are losing kilos, but this is untrue.
2.	I became hungrier after having drinks with _____ in them.
3.	Foods with _____ make you feel full.
4.	Drinking this makes your body have a desire for _____.

PART TWO

5.	The woman drinks water or _____ to be healthy.
6.	You could also drink _____ mixing just fruits and vegetables.
7.	The video they discuss shows how these drinks drain _____.
8.	Eat _____ in moderation.
9.	Don't _____ sugar even if you want to lose weight..

HEALTHY EATING

Part 1

Speaker 1: In our second episode of "student bodies", in our new health and diet and fitness related segment, we're going to be talking about five very well-known but false myths about healthy eating. Dismiss what we think will make a healthy diet but in fact don't actually work. The first one - I hope that at this point everybody understands this - "diet sodas help you lose weight", that's the myth. And some people believe like "look it has no sugar, it has no calories, so clearly has to be healthier than drinking a soda". This is a myth that you've previously believed.

Speaker 2: It... It was a myth that I previously believed when I was in high school. I believed it but then I quickly realized that drinking anything that has artificial sweetener in it, actually increases my appetite. So I would have, you know, a lunch. Let's say a pretty hearty salad with grilled chicken, maybe a hard-boiled egg and, you know, all that protein is supposed to keep you full but I would wash it down with the diet soda and literally 30 minutes later. I ... I was craving sugar and it's because an artificial sweetener tricks your body into believing it sugar and then you want more of it.

Speaker 1: Yeah, exactly!

Speaker 2: So it's actually very very bad for you and also...uhm... there have been some studies that indicate that aspartame causes cancer ...uhm... so...

Speaker 1: It tricks your brain.

Speaker 2: Yes, so obviously, do your research on that prior to drinking, you know, large quantities of aspartame.

Part 2

Speaker 2: I ... I feel like the best thing you can do for your body is avoid drinking your calories. If you genuinely want to lose weight and you want to stay healthy one of the easiest ways to do that is to drink water or unsweetened iced tea and that's all I drink.

Speaker 1: Or drink smoothies.

Speaker 2: Or drink smoothies, yes, green smoothies is like a a snack... uhm... and by the way, not like the ice cream smoothies you get at "Jumba Juice", I'm just talking about a juicer or blender like the new treble which is what I use, kale, cucumber, apple, just fruits and vegetables. Don't put any other stuff in there, because it's unnecessary.

Speaker 1: Yeah, totally, and ... and also you should google, by the way, why diet soda doesn't help you lose weight. This is a great animated video and it explains the... the diet soda along with the traditional American diet contributes to an acidic environment in the body and that can leach your body in important like vitamins and minerals and things like that ... that help to regulate your body weight. So that's a big myth.

Speaker 2: Right.

Speaker 1: So that means I guess is kind of accurate they're correlated with each other but you don't have to just avoid eating sugar to avoid diabetes.

Speaker 2: Yes, so related to that, one of the best things that you should always keep in mind is..."If you are dieting, don't deprive yourself of certain things that you enjoy eating". It's not really about eating food that's bad versus eating food that's good: of course there're foods that are more healthy but at the same time it's always a good idea to eat things that are unhealthy in moderation. That way, you don't binge later.

Speaker 1: Exactly!

Speaker 2: So ... so, let's say, sugar, you know, since we're discussing sugar in relation to diabetes, it's a sugar is your one weakness which it is for me. If I'm dieting or if I'm trying to get back into shape, I won't cut sugar out completely. I will always have something in the day like a little ... uhm ... treat, you know ... and that ... will help prevent, you know, bingeing later on other sugary itches.