

3 Match the two halves of the sentences.

- 1 It's important not to eat a lot of chocolate
- 2 Eating with your family is good for your health
- 3 The diet in the Mediterranean area was called a 'poor' diet
- 4 Olive oil is better than butter
- 5 You don't just lose weight on the Mediterranean Diet

- a as it didn't have much meat in it.
- b since it has less fat in it.
- c as it contains too much sugar.
- d as it's a complete lifestyle change.
- e since you eat more slowly and enjoy your food more.