

1 SPEAKING & LISTENING

a In pairs, ask and answer the questions.

- What's your favourite food?
- What's your least favourite food?
- How much fruit do you eat a day?
- Do you think the following factors influence what we eat? Give reasons for your answers.

age yes/no _____

where we live yes/no _____

job yes/no _____

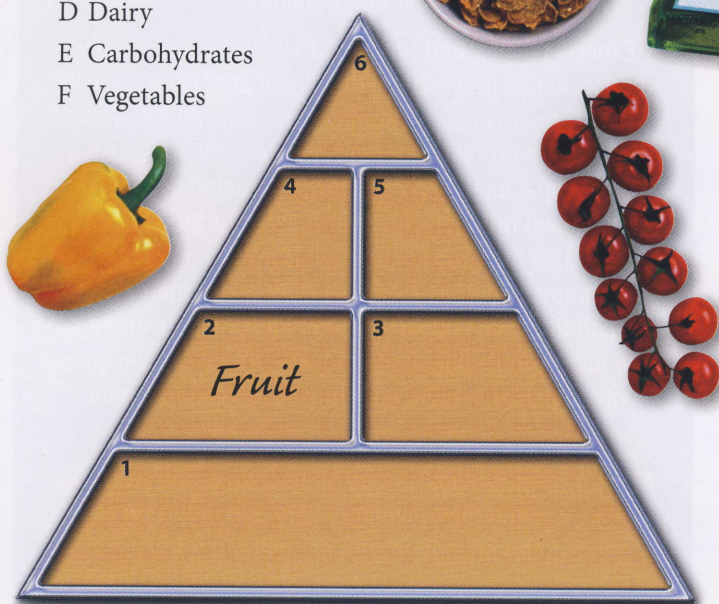
religion yes/no _____

- What other factors can influence our diet?

b The food pyramid represents how much of each food type we need in a healthy balanced diet.

Match the correct food type (A–F) to the sections of the pyramid (1–6).

- A Fruit
- B Oils, fats & sugars
- C Protein
- D Dairy
- E Carbohydrates
- F Vegetables



c Now put the following food into the correct section of the food pyramid.

chicken pasta rice pears tuna yogurt
mayonnaise chocolate courgettes
potatoes bacon milk



d **23.1** Listen to a dietician talking about a healthy diet and the food pyramid. Check your answers to c.

e **23.1** Listen again. In pairs, answer these questions.

- 1 How many portions of carbohydrates should we eat a day?
- 2 What size is a portion?
- 3 Why are carbohydrates important?
- 4 How many portions of fruit and vegetables should we eat?
- 5 What do fruit and vegetables provide the body with?
- 6 Why is calcium important?
- 7 How much protein should we eat?
- 8 How often should we eat foods with added fat or sugar?

f Re-order the words to make sentences. Then mark the sentences T (true) or F (false). Correct the false sentences.

- 1 grill should instead you or frying food bake of it.
- 2 add are when should you to food salt cooking you.
- 3 fruit eat you day portions of should and vegetables a three.
- 4 you eat healthy foods have a variety of in order should to a diet.
- 5 should teeth sugary your brush you eating snacks after.
- 6 every should you breakfast day eat.

2 READING & SPEAKING

a Look at the photo. What do you think the article is about?

b Read the article and tick [✓] the sentence which best describes what the article is about.

- 1 How bad school food is in the UK.
- 2 How important food and nutrition is in schools in the UK.

c Read the text and put the phrases A–E in the correct places.

- A fizzy drinks, chocolate and crisps
- B you are more likely to suffer from
- C very negative effects on concentration and behaviour
- D buy junk food outside school
- E schools are still not providing

A big issue

It's estimated that over one million children in the UK are obese and this number has trebled over the past 20 years. The World Health Organization has described the problem of obesity as a "global epidemic" and there are fears there will be a huge health crisis in the future. If you are overweight, ¹ _____ things like heart disease and diabetes.

Food and nutrition in schools in the UK is an important issue and has a direct influence on students' performance in the classroom. Poor diet has ² _____.



Jamie Oliver, a British celebrity chef, introduced the idea of healthier school food in a TV programme in 2005. As a result of this, many schools in England changed their school lunch menus. However, in many cases, ³ _____ their students with a healthy, nutritious diet: school lunches can contain large amounts of processed fats and sugars, and vending machines often sell ⁴ _____. Schools are being encouraged to offer healthier options like chicken and rice instead of things like hamburger and chips, and introduce vending machines selling fresh fruit, nuts or popcorn (without any added salt, sugar, fat or honey), water, fruit juices, and yogurt drinks. These are not always popular with the students, who continue to ⁵ _____ for snacks and lunch. It is important to educate students about diet, nutrition and healthy eating habits and this needs to happen at school.

What do you think?

- ☀ Is there a canteen in your school? What sort of food can you buy there? Are there vending machines? If so, what can you buy? Do you think your school promotes healthy eating habits? Why (not)?

Class survey

- ☀ Compile a list of the top five favourite foods of the students in the class. What is the nutritional value of these? Does your class have a healthy diet? Are there any differences between boys and girls? Are there any surprises? How do the results fit in with the food pyramid?

d Now read the article again. In pairs, answer the questions.

- 1 Is obesity a problem for young people in the UK?
- 2 Why is being overweight dangerous for your health?
- 3 Who is Jamie Oliver, and what did he do?
- 4 Why are school lunches sometimes bad for your health?
- 5 What things should school vending machines sell for a healthy diet?
- 6 What can schools do to help?

e Read the article again. Underline five new words or phrases you want to learn.

PROJECT

Keep a food diary for a week and calculate the proportions of food in each main food type. Write a description of your weekly diet (100 words). Include information on:

- how your diet fits in with the food pyramid
- the types of food you should eat less of
- the types of food you should eat more of