

## Healthy eating habits

### Group I

Read the text 'I don't like the way I look. I'm a chubby girl' and answer accordingly.

### I don't like the way I look. I'm a chubby girl.

**Kelly:** I have put on a lot of weight lately and now I don't feel comfortable with my body; I'm just too fat. I have already been on a diet, but that didn't work out for me because after a while I regained all those lost pounds. Can anyone give me some advice on what I should do to get slim again?

**Susan:** Hi Kelly!

I advise you to move whenever you have the chance. Physical exercise is extremely important when you want to lose weight. You don't have to be an athlete or anything like that. You can start by doing small exercises everyday. You can also go for a walk and invite a friend of yours to go along because when we do things in a group it is more encouraging and fun.

Another important thing if you want to lose weight is your diet. You should have a diet rich on vegetables and fruit and you should avoid fast food or sweets because they have many calories. Try to vary the food you eat; you have tons of different fruits, vegetables and other healthy choices at your disposal. Having a healthy diet doesn't mean you have to be hungry all the time and that food can't be tasty as well.

I hope this can help you! It has worked just fine for me because I also used to be fat.

**Paula:**Hi there, Kelly!

I totally agree with Susan when she says you have to work out and have a healthy diet.

Besides that, I believe it is essential to drink lots of water. A great part of our body is made of water, so we should drink it in order to keep our body hydrated. It does wonders to our skin because it prevents ageing.

Another tip to avoid eating unhealthy food is to prepare your own lunch at home. By doing so you know that you have all the nutrients you need and you don't have to look for a place that serves healthy food (this task can become a very difficult one).

Hope this helped you!

1. Match the words on the left with their definitions on the right.

### I

1. chubby
2. nutrients
3. avoid
4. work out

### II

- a) substances contained in food
- b) keep away from
- c) being overweighed
- d) physical exercise

**2.** Find evidence for the following statements.

- a) No matter what she does, she always gains the weight she has lost.
- b) Encourage your friends to participate in physical activities.
- c) Having healthy habits doesn't mean eating food you don't like.

**3.** Choose the correct option.

To lose weight in a healthy way you should...

- a) never eat the things you like.
- b) do exercise and eat vegetables and fruit.
- c) do a lot of exercise and reduce the amount of food you eat.

**4.** Find synonyms in the text for the following words.

- a) motivating (paragraph 3)
- b) balanced (paragraph 4)
- c) at ease (paragraph 1)

**5.** Decide if the following sentences are true [T] or false [F].

- a) Asking your friends to engage in physical activities can help you lose weight.
- b) To lose weight it's important to avoid salt and sugar.
- c) Try to vary the food you eat, as long as it is healthy.
- d) Sodas are much healthier drinks than water.

**6.** Choose the correct option.

We should try to avoid eating out; it's better to...

- a) make your own lunch at home.
- b) not eat at all.
- c) eat at the school canteen.

**7.** Why should we invite a friend to do exercise with us?

**8.** Besides having a balanced diet what else is important to do in order to lose weight?

**9.** Why is water important for our body?

**10.** What are the advantages of preparing our own lunch at home?

## Group II

Read the text 'What's really in your food? The surprising and scary answers, right this way' and answer accordingly.

### **What's Really in Your Food? The Surprising and Scary Answers, Right This Way From chemicals to hormones, we take a look at what you're actually eating.**

Once upon a time, grocery shopping was simple. Nowadays? Not so much. Beyond navigating nutritional facts and avoiding this season's most popular food-related allergen, you also have to consider what else is in your cart: chemicals, genetically modified organisms (commonly known as GMOs), and a host of other things you may want to avoid putting in your body. But don't stress *too* much—knowing what to look for, where to sidestep, and how to decipher confusing labels can make a major difference when it comes to eating smart. Read on to find out what's actually in your food and how you can make the healthiest picks possible.

#### **What "organic" actually means**

Organic is always a good thing, right? When something is in fact 100% organic, totally. But unless it's labeled as such somewhere on the packaging, you might be getting more than you paid for—in a not-so-good way. For example, foods marked "made with organic" contain at least 70% organic ingredients (i.e. no chemicals, additives, synthetics, pesticides, or genetically-engineered substances), but that other 30% is up for grabs. Read the label closely to see what is and isn't organic (pro tip: hit up the ingredients list), and make your decision from there.

#### **Why diet foods are a don't**

We get it—it's tough to know what's good for you with all the conflicting information about what you should and shouldn't eat that gets thrown your way. But a hard-and-fast truth is that so-called "diet foods" are oftentimes not that great for you. Think of it this way: When food producers remove something to make an item lower in calories/fat/whatever else, something inevitably takes its place.

#### **Soy, soy, and more soy**

You're probably aware of the "soysplosion" (don't try Googling that, we just made it up) if you're paying attention to your food sources. And it's true: Soy is *everywhere*. Some of it, like the fermented soy in miso and tempeh, is good for you; some of it...not so much.

#### **The deal with sugar**

The results are in, and Americans consume an average of 22 teaspoons of sugar per day—up to six of which were in that fizzy drink you downed at lunch—which is three times the recommended amount. Yikes. But before you ask, no, you can't just switch from sugar to artificial sweeteners and call it a day. Artificial sugar is often more intense-tasting than regular sugar, which screws up your perception and leaves you craving something else to curb your sweet tooth.

#### **And some salt for good measure**

Salt is cheap and a flavor that's generally liked by everyone, so food producers put it in and on a lot of what you eat (and since salt is a preservative, you'll find it heaped into pre-packaged foods, too).

#### **The case against eating colorfully**

The chemicals used for dyeing foods colors that don't normally occur in nature—but that we've become so used to we don't even question—are often derived from petroleum. Research shows that many of these chemicals can be linked to hyperactivity, cancer, allergies, and more, and they're found in everything from the bright yellow cheese in the dairy aisle to the filling inside

your granola bars. What's more, she says, "Fake colors may not only be hurting us physically, but it tricks us psychologically. We're drawn to unhealthy processed foods because our brains interpret rich colors as markers of vitamin richness

## **Meat matters**

More than three-quarters of the antibiotics sold in the States are fed to farm animals to make them grow faster and fatter, as well as survive the process. In addition to antibiotics, much of our livestock is pumped with hormones to help them get bigger though not necessarily tastier. When you're standing at the butcher counter, pay special attention to how an animal was raised and whether or not your meat is hormone-free.

Adapted and abridged, *What's really in your food?*, Teen Vogue, My life [online] [consulted on May 16, 2014]. Visit <http://www.teenvogue.com/my-life/health/2014-05/whats-in-your-food>

**11.** Match the words on the left with their definitions on the right.

### **I**

1. hormones
2. chemicals
3. organic
4. livestock

### **II**

- a) made or grown without chemicals
- b) cattle
- c) unnatural substances included in food
- d) something used to make animals bigger and fatter

**12.** Find evidence for the following statements.

- a) We should analyse carefully the labels of the food we buy to know exactly what we are eating.
- b) We can't solve the problem by replacing sugar for artificial sweeteners.
- c) The cattle are given chemical substances in order to become big.

**13.** Choose the correct option.

Shopping for grocery is very different nowadays.

- a) It's a lot simpler for the consumer.
- b) It's more demanding for the consumer.
- c) It's more exciting for the consumer.

**14.** Find synonyms in the text for the following words.

- a) decode (paragraph 1)
- b) wrapping (paragraph 2)
- c) wanting desperately (paragraph 5)

**15.** Decide if the following sentences are true [T] or false [F].

- a) All the nutritional information in labels makes shopping for grocery very hard task to accomplish.
- b) Whenever we see "organic" it means that the product is always good for our health.
- c) "Diet foods" are always the best choice when we want to eat healthy.
- d) Food with excessive quantities of sugar or salt is very bad for our health.

**16.** Choose the correct option.

Livestock is normally given hormones...

- a) to prevent diseases.
- b) to become tastier.
- c) to grow bigger and fatter.

**17.** Explain why diet foods aren't a healthy choice.

**18.** What's the effect sugar can have in people?

**19.** Why is salt used in food so regularly?

**20.** What should we do as a consumer when we buy meat?

## Healthy eating habits

## Answer Key

1. 1.-c); 2.-a); 3.-b); 4.-d).

2.

a) "I have already been on a diet, but that didn't work out for me because after a while I regained all those lost pounds."

b) "...invite a friend of yours to go along because when we do things in a group it is more encouraging and fun."

c) "Having a healthy diet doesn't mean you have to be hungry all the time and that food can't be tasty as well."

3. b)

4.

a) encouraging

b) healthy

c) comfortable

5. a) T ; b) T ; c) T ; d) F.

6. a)

7. If we invite a friend to do some exercise with us it becomes more encouraging and fun.

8. Besides eating appropriately we should also practise some physical exercise.

9. Water is essential because it hydrates our body and it does wonders for our skin.

10. If we prepare our own lunch at home we have a meal with all the nutrients we need and we don't have to look for a restaurant which has healthy choices.

11. 1.-d); 2.-c); 3.-a); 4.-b).

12.

a) Read on to find out what's actually in your food and how you can make the healthiest picks possible.

b) But before you ask, no, you can't just switch from sugar to artificial sweeteners and call it a day.

c) ...our livestock is pumped with hormones to help them get bigger...

13. b)

14.

a) decipher

b) packaging

c) craving

15. a)T; b)F; c)F; d)T.

16. c)

- 17.** Diet foods aren't a healthy choice because the producers remove the calories, the fat and the sugar but they replace them for other substances that can be bad for our health.
- 18.** The excessive consumption of sugar can alter people's perception and can make them addicted to it.
- 19.** Salt is used very often in food because it is cheap. It's a preservative and it makes food tastier.
- 20.** When we buy meat we should know more information about where and how the animal was raised and be sure that no hormones were used in the process.