

A

Diet

Some types of food are **considered** to be **good for** our health. Others can cause **long-term**¹ health problems if they are **consumed**² in **large quantities**. Here are some examples.

healthy ...	not so healthy ...
oily fish (e.g. salmon)	sugary foods (e.g. fizzy ³ drinks)
fruit and nuts ⁴	food with a high fat or high salt content ⁵
wholemeal ⁶ bread	processed ⁷ food

¹ lasting a long time into the future ² eaten (*fmI*) ³ with a lot of bubbles ⁴ dry fruits of some trees with a hard shell ⁵ amount that is in the food ⁶ containing all the grain, with nothing taken out ⁷ treated with chemicals to preserve the food or to add taste or colour

Some foods are considered to be **superfoods** - foods that may prevent diseases and improve **mental**¹ as well as **physical**² health. Foods that are often **listed** as superfoods include:

- Blueberries: may improve **short-term**³ memory and **slow**⁴ the **ageing process**⁵.
- Apples: a good **source**⁶ of **vitamin C**; they can also **lower**⁷ **cholesterol**.
- Spinach: high in vitamin A; it can **boost**⁸ **the immune system**.
- Vegetable juice (especially tomato): can **reduce the risk**⁹ of heart disease.



¹ of the mind ² of the body ³ lasting a short time ⁴ make it happen more slowly
⁵ the changes to our body and mind by which we grow old ⁶ the place it comes from
⁷ reduce/take the level down ⁸ improve or increase ⁹ make less likely that it will happen

B

Lifestyle

Read the magazine extracts about lifestyle issues. Note the use of the adjective and noun forms of the same word.

There has been a **sharp rise**¹ in the number of children who are **obese**². Childhood **obesity** is now a **major**³ problem. Children often take too little exercise.

Keeping **fit** need not be difficult. You can **maintain**⁵ a good **level of fitness** with a simple routine of daily **exercise**. Start **exercising** now!

People often do not realise how stressful their jobs are. Stress can cause high blood pressure, increased risk of heart attacks and depression⁴.

Bad habits can cause serious **harm**⁶ to the body. Alcohol and tobacco are particularly **harmful** if consumed in large quantities over a long period.

¹ an increase that is sudden and quick ² extremely fat ³ very big and serious ⁴ a mental illness when someone is extremely unhappy and anxious for a long period ⁵ keep (*fmI*) ⁶ injury or damage

Language help

The nouns *food* and *fruit* can be both uncountable and countable. When we refer to food and fruit in general we use the uncountable form (e.g. *That restaurant serves good food / I love fruit*). The plural forms, *foods/fruits*, are used to refer to individual types or examples of food (e.g. *fatty foods, citrus fruits*). We always use *fish* in the singular.

Exercises

30.1 Rewrite the words in bold using words from A opposite.

- If people eat these foods in **big amounts** *large quantities*, it may be dangerous.
- Certain foods are **thought** by scientists to **have a positive effect on** our bodies.
- Foods with a **lot of fat in them** may cause health problems.
- Some foods may cause health problems **that last long into the future**.

30.2 Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives	nouns
oily processed wholemeal mental fizzy	drinks bread fish health foods

- Wholemeal bread* is usually considered to be healthy because it contains the complete grain, with nothing taken out.
- may taste good when you're very thirsty, but they often have a high sugar content.
- Types of include salmon.
- often contain artificial colours to make them look more attractive.
- Some foods can be good for our as well as our bodies.

30.3 Verb-noun collocations. Match the sentence beginnings on the left with the endings on the right.

- | | | |
|--------------------------|-------------------------------------|------------------------------|
| 1 Certain foods can slow | <input checked="" type="checkbox"/> | a cholesterol. |
| 2 Some foods can boost | <input type="checkbox"/> | b the risk of heart disease. |
| 3 Some foods can lower | <input type="checkbox"/> | c the immune system. |
| 4 Other foods can reduce | <input type="checkbox"/> | d the ageing process. |

30.4 Can you remember which positive effect each of these foods may have? Choose your answers from 30.3 (a-d).

- 1 spinach 2 vegetable juice 3 apples 4 blueberries

30.5 Correct the mistakes in these sentences. There may be more than one.

- Blueberries can improve short-time memory. *term*
- Many fruits are a good source of vitamin C and provide mayor health benefits.
- Oily fishes should form part of a healthy diet.
- Which do you prefer to eat as a snack if you're hungry, fruits or nuts?
- A: There's a new Chinese restaurant in town. B: Good! I love Chinese foods.
- There has been a sharp raise in the number of people suffering from depression.

30.6 Complete the two versions of each sentence. Use related word forms, as in the example.

- Tobacco and alcohol **can cause a lot of** *harm* / **can be** *harmful* to our health.
- Children **who are** / **who suffer from** need to exercise more.
- Her job **is very** / **causes her a lot of** and is very tiring.
- How can we **keep** / **maintain a good level of**? The answer is to **get regular** / **to** **regularly**.

30.7 Over to you

List the foods that you eat most regularly. How many are (a) healthy (b) not so healthy? Do you consume any superfoods? Why? Why not?