

# 5

# Food for thought

UNIT AIMS

## LISTENING SKILLS

Nominalization in paraphrasing  
Sentence completion

## SPEAKING SKILLS

Part 3: Asking for clarification and giving yourself thinking time

## PRONUNCIATION

Weak forms of auxiliary verbs

## EXAM LISTENING

Section 2

## Topic talk

1 Look at the pictures and answer the questions.

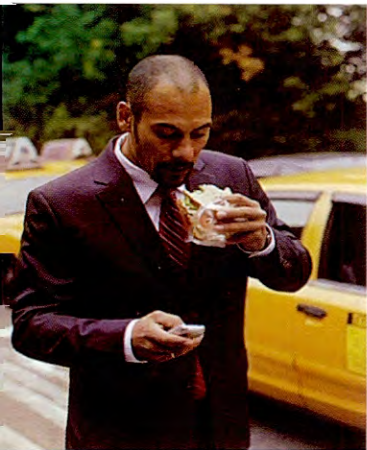
- Which of the eating situations can you most relate to?
- Where do you eat on an average day? Who do you eat with?
- Do you think your eating habits are generally healthy or unhealthy?

2 Which of the following statements are examples of healthy habits? Which are unhealthy? Which could be either? Which are true for you?

- I try to avoid eating late at night.
- I'm always eating on the go.
- I make a real effort to have a proper sit-down meal every day.
- I tend to eat a lot of snacks like chocolate and crisps.
- I rarely cook for myself.
- I eat out at least once a week.
- I often skip breakfast in the morning.
- I try to eat fresh fruit and vegetables every day.

3 Match the reasons below (a–h) with the statements in 2 (1–8).

- I just don't feel hungry first thing so I usually just have a coffee to keep me going. \_\_\_\_\_
- I always carry a supply in my bag. I'm lucky that I don't put on weight easily. \_\_\_\_\_
- I don't know how to. My flat mate is a brilliant cook so he always cooks for me. \_\_\_\_\_
- I think you're supposed to eat five a day to keep healthy. \_\_\_\_\_
- It makes a change to cooking every night. \_\_\_\_\_
- It's important to take time over a meal and spend time with your family. \_\_\_\_\_
- I just don't have time to sit down for a meal so I just grab a quick snack. \_\_\_\_\_
- I find it stops me sleeping well and I don't think it's good for your digestion. \_\_\_\_\_



**4** Choose examples from the box of foods which are high in the food properties (a–g) below. Some foods fit into more than one category

berries ■ butter ■ citrus fruit ■ chocolate ■ eggs ■ fizzy drinks ■ green vegetables  
lentils ■ liver ■ nuts ■ oily fish ■ pasta ■ rice ■ ready meals ■ wholemeal bread

- a carbohydrates \_\_\_\_\_
- b protein \_\_\_\_\_
- c fibre \_\_\_\_\_
- d vitamins and minerals \_\_\_\_\_
- e cholesterol \_\_\_\_\_
- f additives, e.g. colourings and preservatives \_\_\_\_\_
- g calories \_\_\_\_\_

**5** Add one more example of your own to each list.

**6** Complete the sentences below about health problems caused by diet with nouns from the box.

food poisoning ■ heart disease ■ high blood pressure ■ hyperactivity  
indigestion ■ malnutrition ■ obesity ■ tooth decay

- a It is thought that the recent outbreak of \_\_\_\_\_ was caused by contaminated or improperly cooked food.
- b Some parents avoid foods high in additives as they believe they can cause \_\_\_\_\_ in children.
- c It is generally believed that a diet high in salt can lead to \_\_\_\_\_.
- d \_\_\_\_\_ is a result of poor oral hygiene and too many high-sugar foods and drinks.
- e A fatty diet can lead to high levels of cholesterol which may in turn lead to \_\_\_\_\_.
- f Some people find that eating too much rich spicy food can give them \_\_\_\_\_.
- g A poor diet with a lack of sufficient nutrients may result in \_\_\_\_\_.
- h The most common causes of \_\_\_\_\_ are a diet high in fat and sugar and a lack of exercise.

**7** What are the benefits of eating the following types of food? What are the drawbacks? Give reasons and examples for your answers.

- a vegetarian or vegan food
- b low-fat foods
- c organic fruit and vegetables
- d free-range meat and eggs