

VOCABULARY MATCHING

Paragraph 1

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| 1. shed light on | a. Eating or drinking. |
| 2. revealed | b. Helped to explain something by providing further information about it. |
| 3. consuming | c. Any of the foods or substances that are combined to make a particular dish. |
| 4. ingredients | d. Completely; totally. |
| 5. entirely | e. Made previously unknown or secret information known to others. |
| 6. preservatives | f. A disease caused by an uncontrolled division of abnormal cells in a part of the body. |
| 7. cancer | g. Things put in food to make it last longer and keep it fresher. |

Paragraph 2

- | | |
|--------------------|--|
| 8. proportion | h. Supply or make up a specified amount. |
| 9. account for | i. The action of stopping something from happening. |
| 10. nutritious | j. A part, share, or number considered in comparative relation to a whole. |
| 11. substituting | k. Is beneficial to your body as food or drink. |
| 12. prevention | l. The condition of being unhealthily overweight. |
| 13. obesity | m. Replacing one thing with another. |
| 14. cardiovascular | n. Relating to the heart and blood vessels. |

GAP FILL

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been (1) _____ on the possible dangers of eating ultra-processed food. A new study has (2) _____ that consuming food such as sausages, (3) _____ pizza, ready-to-eat meals, sodas and cakes can increase the (4) _____ of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or (5) _____ made in a laboratory. They are added with things like preservatives, flavour enhancers, (6) _____, sugar and fats. The research was conducted on over 200,000 people in the USA (7) _____ a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing (8) _____ cancer.

colourings

shed

bowel

risk

revealed

over

entirely

frozen

Ultra-processed foods make up a growing (9) _____ of the food we eat. The WHO says they (10) _____ for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food (11) _____ weight more quickly than those who ate a more (12) _____ and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave (13) _____ on how people can look after their bodies better through their (14) _____. She said: "We should consider substituting ultra-processed foods with unprocessed or (15) _____ processed foods in our diet for cancer prevention and for the prevention of (16) _____ and cardiovascular diseases."

diets

nutritious

account

minimally

proportion

obesity

advice

gained

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

- 1) A new study has revealed that consuming food _____
 - a. such as sausage is
 - b. such was sausage is
 - c. such as sausages
 - d. such has sausages
- 2) sodas and cakes can increase the risk of cancer, heart disease or _____
 - a. an earlier dead
 - b. an earlier dearth
 - c. an early a death
 - d. an earlier death
- 3) made in factories from ingredients that are largely or entirely made _____
 - a. in a lavatory
 - b. in a laboratory
 - c. inner laboratory
 - d. in a lab oratory
- 4) added with things like preservatives, flavour enhancers, colourings, _____
 - a. sugar and fats
 - b. sugary and fats
 - c. sugar end fats
 - d. sugar end fat
- 5) had a 29 per cent higher risk of _____
 - a. develop pin bowel cancer
 - b. develop in bowel cancer
 - c. enveloping bowel cancer
 - d. developing bowel cancer
- 6) Ultra-processed foods make up _____
 - a. a grown proportion
 - b. a grow in proportion
 - c. a growing proportion
 - d. a grow wing proportion
- 7) The WHO says they account for around two-_____
 - a. thirds of calories
 - b. thirds off calories
 - c. third of calories
 - d. third off calories
- 8) Dr Zhang said children who ate ultra-processed food gained _____
 - a. way more quickly
 - b. weigh more quickly
 - c. weight amore quickly
 - d. weight more quickly
- 9) She gave advice on how people can look _____
 - a. after their bodice
 - b. after their bodices
 - c. after their bod is
 - d. after their bodies
- 10) foods with unprocessed or minimally processed foods in our diet _____
 - a. fork canter prevention
 - b. four can sir prevention
 - c. fork answer prevention
 - d. for cancer prevention

Questions about Ultra-processed Foods

1. What ultra-processed foods can you remember eating this past week?
2. Do you cook? If yes, what are some meals you prepare when you're in a hurry?
3. What are some of examples of unhealthy but popular ultra-processed foods in Japan?
4. Are there any foods you enjoy as a "guilty pleasure?" How often do you eat them?
5. If a busy person wanted to start eating healthier by learning to cook Japanese food, what dishes would you recommend they learn to make?
6. How careful are you about what you eat?
7. The article says 2/3 of the food young people in America eat are unhealthy, processed foods. What do you think the rate is for Japanese young people?
8. After reading about the potential health risks of processed foods today, do you think you'll make any changes to your diet?