

2f Healthy eating

Can unhealthy be healthy?



red meat 1



fruit juice 2



poached egg 3

chocolate bar 4



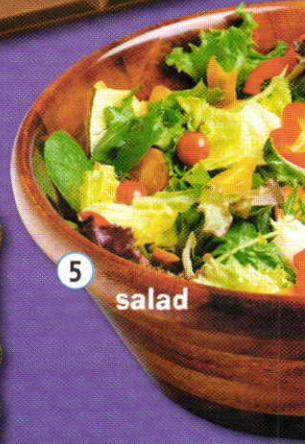
mayonnaise 8



fried egg 7



cola 6



salad 5

People often say 'You are what you eat' and we all know that to be healthy we need to eat healthy food. What is really healthy, though?

1 All fruit juices contain high amounts of sugar. Some juices have only very low amounts of fruit in them – and as much sugar as a glass of cola or a chocolate bar.

2 It's true that salads are full of vitamins and minerals. Creamy mayonnaise-based salad dressings, however, can contain a lot of fat, sugar and salt. To enjoy a healthy, tasty salad at home, make a dressing by adding lemon juice or vinegar to a small amount of olive oil instead of using heavy mayonnaise.

3 Food companies like using the words 'fat-free' or 'low-fat' on their labels. Unfortunately they often replace the fat in these 'healthier' products with salt and sugar to give them

flavour. It's a good idea to read the whole label.

4 People think chocolate is bad for them, but it has some benefits. Good quality dark chocolate helps protect your heart by lowering your cholesterol. Eating chocolate also has a positive effect on how we feel. All chocolate is high in fat, though, so you shouldn't eat it after every meal.

5 Eggs are a good source of protein and vitamins. Frying an egg though, is less healthy than boiling them. A fried egg contains around 30% more fat than a boiled or poached egg. If you prefer fried eggs, try frying them in olive oil instead of butter.

6 Red meat such as beef can be part of a healthy diet. Including red meat in a meal a couple of times a week helps your body to get enough iron and protein. Just make sure you trim off the fat and buy only lean meat.

Check these words

contain, vitamin, mineral, creamy, salad dressing, vinegar, olive oil, fat-free, low-fat, label, flavour, benefit, lower, cholesterol, source, iron, protein, lean

Vocabulary Food/drinks

1 Which of the foods/drinks (1-8) contain the following? Decide in pairs.

- sugar • fat • minerals • iron
- protein • vitamins • salt

🔊 Listen and read to find out.

2 Read the text and match headings A-G to paragraphs 1-6. There is one extra heading.

A CHOOSE THE LIGHTER OPTION **B** REMOVE THE BAD BITS

C ASK YOURSELF WHAT'S IN YOUR GLASS

D ENJOY A SWEET SENSATION **E** SOME FAT IS GOOD FOR YOU

F COOK WITH A HEALTHIER FAT

G ALWAYS CHECK THE INGREDIENTS

see
p. GR4

Grammar

-ing/to-infinitive

3 Read the theory. Are there similar structures in your language?

We use the **-ing form**:

- as the subject of a sentence. *Eating vegetables is good for you.*
- after **like, have, enjoy, don't mind, dislike, hate**.
I like drinking milk.
- after **avoid, appreciate, be used to, consider, continue, deny, fancy, go** (+ activity), **imagine, miss, save, suggest, practise, prevent, spend/waste** (time/money) **on**.
Do you fancy eating out?
- after prepositions.
How about making a cake?
- with the phrases **it's worth, can't stand, have difficulty, look forward to, can't help**.
I can't stand eating spicy foods.

We use the **to-infinitive**:

- to express purpose.
He went out to buy some milk.
- after **would like, would prefer, would love**.
I'd like to have a steak, please.
- after **too/enough**. *It was too difficult for her to learn how to cook.*
- after **ask, decide, explain, want, hope, expect, promise, refuse**, etc. *He decided to order takeaway.*

BUT make, let and modal verbs take infinitive without to.

I can't go to the supermarket today.

Certain verbs take **to-infinitive** or **-ing form** with a difference in meaning. Compare:

Oh, no! I forgot to buy some tea. (not remember)

I'll never forget trying sushi. I really liked it. (recall)

4 Choose the correct item.

- A: What will we **to have/have** for dinner tonight?
B: I may **to cook/cook** some pasta.
- A: Would you like **to order/order** a takeaway?
B: No. Let's **to make/make** some sandwiches.
- A: You promised **to help/help** me with the household chores.
B: I know, but I was very busy **to prepare/preparing** the food.
- A: You mustn't **to eat/eat** so much junk food.
B: I guess you are right.
- A: There's nothing **to eat/eat**.
B: Let's **to go/go** to the supermarket **to buy/buying** some food.
- A: The doctor advised me **going/to go** on a diet.
B: That's a good idea. You should also **join/to join** a gym.
- A: I promised **to take/taking** her shopping, but I can't.
B: There's no point **to worry/worrying** about it. I'll go.
- A: Have you seen Dina? I want **to ask/asking** her if she fancies **to help/helping** me with the cooking.
B: No, sorry. I haven't.

5 Put the verbs in brackets into the (to) infinitive or -ing form.

- I tried (bake) a cake, but I burnt it.
- Try (add) some salt. It'll taste better.
- Oh no! I forgot (go) to the market.
- I'll never forget (shop) at the floating market in Thailand.
- Let's stop (eat) here. This café looks nice.
- Olga stopped (eat) meat five years ago.
- Did you remember (turn) the oven off?
- I remember (meet) Boris at Dina's party.
- I'm sorry (tell) you this, but this cake is awful.
- Ivan was sorry for (tell) her that she was an awful cook.

Speaking & Writing

6 Complete the sentences about you. Tell the class.

- I like *eating out with my family*.
- I don't mind
- I'm tired of
- I can't stand
- I can
- I'd rather not

7 **THINK!** How much of the information in the text did you know? What did you learn from the text? In three minutes write a few sentences. Tell the class or your partner.