

A You are what you eat

1 Words matter → SB, pp. 14–15

Find words and phrases in the text in your book that fit the definitions below.

1. being cheap enough that people can afford to buy it or pay it _____
2. the act of cutting down or burning the trees in an area _____
3. easily available _____
4. the qualities that show you believe it is important to protect the natural environment _____

5. to convert to vegetarianism _____
6. a strong sense of excitement and passion _____
7. having the goal of throwing away as little food, packaging etc. as possible _____

2 Reading for detail → SB, pp. 14–15

a Summarise the three downsides of the vegan trend as they are mentioned in lines 36–51.

- _____
- _____
- _____

b Write down the ideas behind the McCartneys' Meat Free Monday to combat these downsides as they are mentioned in lines 52–61.

- _____
- _____
- _____

c According to Ben Coyle-Larner, what is the key to solving the problem of unhealthy and unsustainable eating habits among working-class people?

d Outline the attitude of Douglas McMaster in your own words.

e Explain why Stella McCartney admits that some people might not listen to her family unless they educate and inspire their audience successfully.



3 Listening: Forward Thinking: Nutrition and teenage mental health

Listen to the podcast and complete the assignments.



1. Which pick-me-ups does the presenter mention at the beginning of the show? Name at least three.

2. What are endorphins?

- ☐ quick shots of caffeine or sugar into the system
- ☐ the hormones that make us feel tired after eating
- ☐ the hormones that we often get after exercising which make us feel good

3. According to Dr Foster, which foods are good for our mood?

4. Fill in the gaps to complete Dr Foster's statement on binge-eating.

"If we are often binge-eating on unhealthy foods, we not only feel _____ low and lethargic, but also _____. On top of that, the more unhealthily we eat, the more stressed we become about _____, and the more our mood is affected by spikes and lows in our _____ levels."

5. What issue do many young people face as a result of social media?

6. Explain which types of food are good for mental health and give at least two examples.

7. Research has found that people who eat a regular breakfast ...

- ☐ ... put on less weight.
- ☐ ... show fewer depressive symptoms.
- ☐ ... are more alert in the morning.

8. Dr Foster says young people should not only learn about what they eat, but also ...

