

## Unit 6 Eating Habits

### Vocabulary Practice

1 Look at the words in bold on page 69 and try to explain them.

2 Fill in the correct word(s) from the list below:

let alone    rejecting    predicting    adolescence  
signify    gain    glowing skin    consume  
nutrients    limit    research    tend to

- 1 Vegetables are an essential part of our diet as they contain a lot of ..... (healthy substances)
- 2 I don't even know what a breadfruit looks like, ..... what it tastes like! (not to mention)
- 3 You should ..... the amount of chocolate you eat if you want to lose weight. (restrict)
- 4 The stars on the label ..... that the brandy is of the best quality. (mean)

5 Scientific ..... has shown that saturated fats are a major cause of cancer. (investigation)

6 People who eat lots of sweets ..... have dental problems. (are likely to)

7 Jill is overweight because she ate so much junk food during her ..... (teenage years)

8 Her ..... is a result of all the fruit and vegetables she eats. (healthy-looking complexion)

9 More and more people are ..... meat in favour of more fruit and vegetables. (not accepting)

10 Unless you cut down on junk food and sweets, you will ..... weight! (put on)

11 Nutritionists are ..... that junk food consumption will increase in the near future. (foreseeing)

12 Young people ..... large amounts of carbonated drinks with their meals. (take in)

3 Fill in the correct word(s) from the list below. Use the words only once.

room    vast    chocolate    junk  
eating    couch-potato    to do    to keep  
gourmet    balanced    heart    saturated  
fast-moving    the pressures    high    side

- 1 a(n) ..... world
- 2 ..... bars
- 3 a(n) ..... lifestyle
- 4 ..... the body fit
- 5 ..... in calories
- 6 ..... food
- 7 ..... habits
- 8 ..... disease
- 9 ..... of modern life
- 10 ..... fat
- 11 ..... service
- 12 ..... no harm
- 13 a(n) ..... diet
- 14 ..... diseases
- 15 the ..... majority
- 16 ..... effects



4 Choose the correct item.

- 1 As he didn't want to cook, he decided to ..... a pizza instead.  
A ask for    B demand    C order    D command
- 2 She had no time to go out for lunch so she ..... a snack instead.  
A grabbed    B snatched    C took    D bit
- 3 I hope I won't ..... weight while I'm on holiday.  
A earn    B win    C put    D gain
- 4 After the Christmas holidays, I am going on a ..... because some of my favourite clothes don't fit me anymore.  
A diet    B fast    C nutrition    D health

5 Fill in the correct particle.

- 1 Don't forget to turn ..... the cooker before you leave. (switch off)
- 2 Steve finally turned ..... at the party two hours late. (arrived unexpectedly)
- 3 When she is in trouble, she always turns ..... her parents. (goes to sb for help)
- 4 He turned ..... the job offer because the money they offered him wasn't good. (rejected)
- 5 Pierre turned ..... to be the most creative chef they had ever employed. (proved to be)

6 Fill in the correct preposition, then choose any five items and make sentences.

- 1) to be popular ..... sb; 2) to be high ..... calories; 3) to be associated ..... sb/sth; 4) to be aware ..... sth; 5) to suffer ..... sth; 6) to deal ..... sb/sth; 7) to be lacking ..... sth; 8) the loss ..... sb/sth; 9) to miss out ..... sth; 10) to prefer sb/sth ..... sb/sth else

### Talking Points

♦ Read the whole text again and make notes under the following headings:

Reasons for the popularity of junk food  
Dangers of eating junk food  
Positive effects of eating healthy food

Then, give a short talk about junk food. Use the following expressions: *Although, Moreover, However, In spite of the fact that, I believe, I think, In my opinion, etc.*