



루체테 어학원
LUCETE.ACADEMY

LUCETE READING E8-2

UNIT 5. A Modern Convenience or a Health Risk?

A Modern Convenience or a Health Risk?

Let's Check!

1. What are the keywords?
2. What is the main idea of the text?



READING SECTION:

A Modern Convenience or A Health Risk?

Processed foods have become a central part of today's diets. They're quick, tasty, and easy to find. Yet, this convenience comes at a price. The **debate** over processed foods is growing as more people focus on healthy living.

Processed foods are primarily valued for their convenience. In our busy world, they provide quick meal options. Items like canned vegetables and frozen dinners are simple to store and prepare. Thanks to **advancements** in food technology, there are now healthier versions available, such as **vitamin-enriched** cereals and reduced-salt canned products.

However, processed foods have **drawbacks**. They often contain high amounts of salt, sugar, and unhealthy fats, which can be harmful to our health, potentially causing conditions like obesity, high blood pressure, and heart disease. Additionally, the way these foods are produced and packaged can be **harmful** to the environment, especially because of heavy use of plastics and the waste they produce.

Recently, the trend toward organic and local foods is challenging the **dominance** of processed foods. People are becoming more aware of what they eat, and some are even growing their own veggies. Despite this shift, processed foods continue to occupy a big space in our kitchens. In the end, it's up to the consumer to make better choices.

6 vocabulary key words: debate, advancement,
vitamin-enriched, drawback, harmful, dominance

A Modern Convenience or a Health Risk?

Let's Check!

1. What is the summary?



A Modern Convenience or a Health Risk?

Let's Think!

1. Beginning of the Passage:

Question: Can you think of a time when you chose processed food because it was convenient?

Answer: I chose processed food when _____ because it was convenient.

1. Middle of the Passage (First Half):

Question: Processed foods now include healthier options, but can they ever be as nutritious as fresh foods?

Answer: I think processed foods (can/cannot) be as nutritious as fresh foods because _____.

1. Middle of the Passage (Second Half):

Question: If processed foods often come in plastic packaging that harms the environment, what creative solutions can you think of to reduce this impact?

Answer: To reduce the environmental impact of processed food packaging, I would suggest _____. This solution would work because _____.

1. End of the Passage (First Half):

Question: The trend toward organic and local foods is growing. Do you believe this trend can significantly challenge and decrease the consumption of processed foods?

Answer: I (do/do not) believe the organic and local food trend can significantly challenge processed foods because _____.

1. End of the Passage (Second Half):

Question: In a world where processed foods are everywhere, how can you make better food choices and what would motivate you to stick to these choices?

Answer: I can make better food choices by _____. What would motivate me to stick to these choices is _____.

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Wrap Up!

1. If you could influence the food industry, what changes would you make to find a balance between health and convenience?
1. Should governments control food options, or should people decide for themselves?
1. What steps can we take to make more informed food choices?

DEBATE TITLE: The Guardians of Gaiala

- **Topic:**

- **Stewardship of the Environment:** Caring for and preserving nature, respecting ecosystems, and understanding that the well-being of the environment is closely tied to our own well-being.
- **Respect for Indigenous Wisdom:** Value and learn from indigenous wisdom and practices.
- **Peaceful Conflict Resolution:** Empathy, dialogue, and understanding are often more powerful than aggression and violence.
- **Friendship and Unity:** Collaboration can transcend differences and contribute to personal growth and the greater good.
- **Personal Responsibility and Growth:** Individuals have the power to make a positive difference, and personal growth comes through accepting responsibility and facing challenges.

- **Discussion question:**

1. **Think:** Imagine you are Lily or Tano. How would you feel about becoming a Guardian?
2. **Think:** Why is the Glowing Heart Tree so important in the story? Explain what the Glowing Heart Tree symbolizes and why it's important.
3. **Think:** What do you think Lily and Tano learn from other? Explain the friendship between Lily and Tano what they might have learned from being friends.