

Lesson 3. Smart food, junk food

1a. Work in pairs and answer the questions:

1. What fast food do you know? Do you like fast food? 2. What do you prefer: a hamburger or a fish burger with chips or home-made fried potatoes with meat or fish? 3. Is home-made food better than fast food?

1b. Say if your partner prefers smart (home-made) food or junk food.

junk food – unhealthy food that has a lot of fat, salt and sugar in it

2a. Listen and read the Internet forum and say who loves fast food and who thinks it is unhealthy.

Josh	Help! I love hamburgers and chips with coke most of all. They are so tasty, so delicious and smell so nice! I think I could eat them every day for lunch and dinner. My mum doesn't understand me, she thinks they are unhealthy – not good for my health – and never gives me any money to go to a fast food restaurant.
Nova	Your mum is right. If you eat fast food very often, you will easily become overweight . It happens because there are more calories ['kælərɪz] there than in traditional food. It simply kills appetite control systems.
Foxy	True! Fast food gives us twice as much energy and makes us eat more than we normally would. The body gets almost twice as many calories as you would if you ate the same weight [weɪt] of pasta ['pæstə] and salad.
Josh	But fast food is quick, convenient, and it's not very expensive!

Nova	Fast food is usually high in fat, calories and cholesterol [kə'lestərəl]. Too much fast food can lead to health problems and first of all, heart diseases, and you may become fat!
Josh	Don't frighten me. It can't be true.
Foxy	I read about a man who dined on fast food for just one month. The result was tens of kilos gained. Try if you wish but don't say later you haven't been warned.

overweight ['əʊvəweɪt] – heavier than one should be

2b. Read the text again and answer the questions.

1. What happens if you eat fast food very often? 2. What health problems does fast food lead to? 3. Why is fast food dangerous for your health?

3a.  Listen and read the article and find the most serious reasons why fast food may be dangerous.

Fast food can be a delicious silent killer

Our world is very fast. It's getting faster and faster. People don't have enough time for doing important things. This also includes cooking and eating food. Fast food is easy and convenient. It takes less time to get it and many people like its taste. But! Many people are overweight and don't understand why. The role of fast food in putting on weight is very important. Food has a lot of **additives** if it is not home-cooked. Foods like pastas, pizzas, burgers look nice and taste nice because of **artificial** [ˌɑːtɪ'fɪ(ə)l] colours, **flavourings** ['fleɪvərɪŋz] and **preservatives** [pri'zɜːvətɪvz].

However, it is important to understand that though fast food looks so nice and tasty it may be dangerous for your health. Fast food, if eaten often, can lead to **obesity** and other



problems. A typical meal from a fast food restaurant, say a serving of fries and a cheeseburger, amount to about 1,000 calories. This is about half of the dietary recommendations.

Fast food is highly unhealthy and can never give the nutrients and vitamins of a healthy home-cooked meal. Fast food is inexpensive because it is usually made with cheaper ingredients such as high-fat (очень жирное) meat, refined (очищенные) grains, and added sugar and fats, instead of **nutritious** foods such as lean (постное) meats, fresh fruits and vegetables. It doesn't provide any benefits to the body and the harm it causes to the health is big.

3b. Read the definitions of the following terms and find their Russian equivalents.

additive ['ædətɪv] (*n*) – a substance added in small amounts to food to make it last longer or look more attractive

artificial [ɑːtrɪfɪʃ(ə)l] (*adj*) – made in imitation of a natural product

flavouring ['fleɪvərɪŋ] (*n*) – a substance (вещество) added to food or drink to give it a particular flavour (= taste of food or drink in a mouth)

preservative [prɪ'zɜːvətɪv] (*n*) – a substance used to prevent food or drink from being spoilt (портиться)

obesity [əʊ'biːsəti] (*n*) – a condition in which someone is so fat that it is dangerous for their health

nutritious [njuː'trɪʃəs] (*adj*) – providing the substances that people need to be healthy

3c. Choose a passage you find most important and read it aloud. Find more people in the class who share your point of view. Work together to find arguments why it is so important.

4. Collect arguments against fast food, and then roleplay a dialogue for the following situation in pairs.

It's lunch time. S1 wants to have fast food. S2 is against it because it is unhealthy and suggests having lunch at home.


5.  Write a letter to Josh explaining why it is very unhealthy to eat fast food.



Year 9 → Unit 3 → Lesson 3 → Active vocabulary
(matching words and their definitions)

Lesson 4. Feel fit

1. Look at the food pyramid on page 56 and answer the question: *What do we need to do to have good health?*

2.  Listen, read the text and answer the question: *What is it necessary to do to be in good health and why?*

Hhealth and fitness have now become a major concern. **E**arlier life was very hard and humans used to hunt (охотиться) in order to survive, and their body had a lot of physical exercise. They ate **less** and exercised **more**. Now people live **well, much better** and **more easily** than a long time ago. They don't have to be strong to get their food and as a result, they hardly do enough of physical exercise which is necessary to keep the body fit and healthy. People don't choose their food **carefully** and **easily** get overweight. How do we ensure that we have all that we need to have a healthy life? This is a big question. We need proper nutrition and a fit

