

D. The value of food and drink

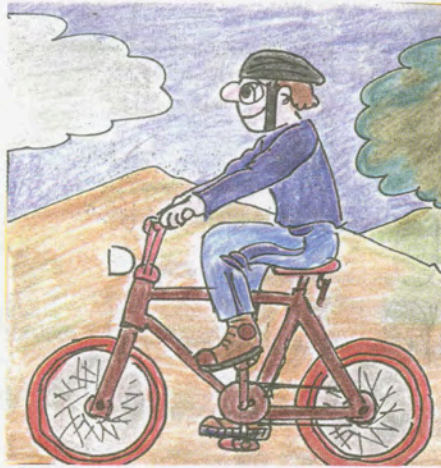
Task 1

Read this information about Bill.

Do you remember Bill, the boy on the bicycle who asked the group to order some fresh orange juice for him? He is joining them now. Look at him.

Bill is an athlete besides being a TEE student. He cycles at least one hour a day. He is very careful with what he eats and drinks. He has never tried smoking.

What about you? Is food important for our health and well being at all stages of our life? Discuss with your partner.



Task 2

Read the text that follows and compare what you said about food with the information in it. What title would you give to the text? To help you understand this article, here are some words with their Greek translation.

nutrient=θρεπτικό συστατικό
maintain=διατηρώ
saturated fat=κεκορεσμένο λίπος
demand=απαιτώ
dairy products=γαλακτοκομικά προϊόντα
fibre=ίνα
emotional=συναισθηματικός
poultry=πουλερικά

Our body needs food in order to develop and live. Eating the right food can help our body grow naturally and normally. This is why we should try to make sure that our diet is as full of nutrients as possible. More and more people are beginning to discover that certain kinds of food can be good for our body and can help it maintain its good

condition and fight illnesses, while other kinds of food are not good for it. Such food is called 'junk food', which is high in saturated fat and has a lot of sugar and salt. All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health.

Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within. The way our body looks reflects the state of our health and our emotional life.

What should our diet include to keep our body healthy? The good news is that we do not lack the information that tells us which food can cover our needs and be good for our health. Studies inform us that a healthy diet is one that provides the necessary water, fibre and nutrients that our body needs. They divide food into five big categories to which we can add a sixth one, which is not closely related to food. These are:

1. fruit and vegetables
2. carbohydrate foods
3. dairy products
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. water (and regular exercise)

Title

Now compare your opinion on food to the article.

Task 3

You are going to listen to an experienced doctor giving more details on the variety of foods for each of the five food categories as well as for the sixth category, which is not closely related to the food mentioned above. Try to keep notes in your notebook. You will need them.

Task 4

List the categories of food mentioned after listening to the text for a second time.

Healthy food	Junk food