**Healthy Eating- Nutrition**

* Fast food or junk food is low quality food. It often contains **low quality ingredients**
* Ingredients with **a high fat content**, sugar or too much salt or dangerous cooking oil like palm oil.
* Fast food and **processed food** is full of **additives** and **preservatives** to make the food look better and last longer
* It is of **low nutritional value**: It doesn’t have any **nutrients** (vitamins or minerals//(It’s fatty, sugary, salty with no vitamins)
* It’s **harmful** as **it can cause a series of health problems:** heart problems, diabetes, high cholesterol levels, even cancer.
* It’s a threat to young people’s health people’s health and often causes **obesity**.

Fizzy drinks contain carbonated water and sugar. They are harmful for your teeth and cause stomach problems. Besides **you can gain/ put on weight because they are full of calories**. The best alternative is fresh fruit juice.

Repercussions of improper diet:

* Extreme diets can lead to **eating disorders. (bulimia, anorexia)**
* Among young people**: obesity/being overweight** is likely to lead to a variety ofpsychological issues related to low **self-esteem,** underestimated **self perception, social isolation, stigmatization**
* Wasting great amounts of money on medicine, like **food supplements**, so as tomake up for the vitamin deficiency**.**

If you want **to lose weight** you should **cut down on sugar** and **avoid fatty food** and also start taking exercise. Y**ou can visit a specialist** like a **nutritionist** or your doctor/

Alternative:

* The best alternative is **home-made food** with fresh **high quality ingredients.**
* **Mediterranean diet**: well-balanced diet

**Vocabulary worksheet Unit 8**

**Food for thought**

**Fill in the gaps with one word/ expression from the box below:**

**food disorders starvation overweight craving**

**obesity nutritional value fat content malnutrition**

**nutrients famine additives deficient**

 **genetically modified preservatives**

1. Young girls who want to lose weight go on extreme diets resulting in ……………………………………. such as anorexia or bulimia.
2. A lot of children died in Africa because of **complete lack of food**, because of ……………………………
3. The Food industry usually **adds** chemicals and colouring to food to make it look more attractive and taste better. The food industry uses …………………………………….
4. Fast food is **usually full of** unhealthy ingredients with a high …………………………., usually **monosarurated fats** that cause heart attacks and strokes.
5. Vitamins and minerals are really important and they are called …………………………………….
6. When **the genes** of certain vegetables like tomatoes or cereal like rice **are changed** by scientists to make food last longer and or be richer in vitamins this is called ……………………………………………
7. When people are too fat because of a health problem or a bad diet this is called ……………………………….
8. **A sudden and often uncontrollable desire** for a certain type of food like chocolate is called …………………………………
9. When someone’s diet doesn’t contain enough vitamins it’s …………………………………… in vitamins.
10. Chemicals added to food to **make it last longer** are called ……………………………
11. When food is rich in vitamins, minerals or proteins etc. and help people become healthy both physically and mentally it has great ……………………………………….
12. When there is **not enough food to feed** people the people suffer from ………………………………..
13. When people eat **low quality food** at **small quantities** usually because of **poverty** they suffer from …………………………………………..

**Why is fast food so popular?**

|  |
| --- |
| **Advantages of fast food** |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

**What are its disadvantages?**

|  |
| --- |
| Disadvantages of fast food/ Processed food |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |