

Unit 5

Unit 5 Extension

1 Read the text. Are the sentences true (T) or false (F)?

Can the English diet really save the Scottish?

The Scottish are famous all over the world for their bad diets and thousands of people in Scotland die from heart disease and cancers – as a result of the food they eat. Scientists for the British Heart Foundation say that they can save the lives of 4,000 people in Scotland. How? The Scottish should eat like the English. This does not mean that the English diet is healthy, only that it isn't as unhealthy as the Scottish diet!

The scientists studied the shopping baskets of the two countries and this is how the two countries compare: in general, people in Scotland eat more fatty foods and salt, and fewer fruits and vegetables every day than the English. On average, people in Scotland eat 7.5g of salt every day, compared with 7g in England. People in Scotland eat about 951g of vegetables a week, compared with 1190g in England.

The study also says that the English eat just under 2,300 calories a day, but in Scotland it is about 2,400. Perhaps this sounds a small difference – it's similar to an extra glass of milk every day – but over a year, that's an extra 36,500 calories.

- 1 The Scottish have similar diets to the English.
- 2 The English diet is very healthy.
- 3 There's a lot of fat in Scottish meals.
- 4 There's an extra 0.5 g of salt in a Scottish meal compared with an English meal.
- 5 The Scottish drink an extra glass of milk every day.

2 Work in pairs. Discuss your reaction to the text. Answer these questions.

- 1 Are you surprised by the information in the text?
- 2 Do you believe that everybody in Scotland has a bad diet?
- 3 Is diet the only thing to think about for good health? What about smoking, alcohol, exercise?

3 What is the average diet in your country? Do people generally eat healthy food? Do people still eat traditional dishes or do they eat lots of fast food these days?

4 Write down everything you eat in a typical day for you. Do you have a healthy diet?

Breakfast

Lunch

Dinner

Snacks

Drinks

5 Work in pairs. Interview your partner about his/her diet to get an idea of how healthy his/her diet is.

Example questions:

How many vegetables do you eat in a day?

How often do you eat meat?

How much water do you drink?

Do you drink a lot of coffee?