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Intermediate Student’s Book

Life

1.36

It’s just got a lot easier to buy healthy food when we go shopping. A new scheme has started which tells you how nutritious the different food items on the supermarket shelf are. It’s called the Overall Nutritional Quality Index, which is kind of a long name for something so basic. Put simply, the Index gives food items a number from 1 to 100 based on their nutritional value and their impact on your health. The idea is that it will be much easier to see which food is good for you. For example, if you’re not sure about buying avocado and prawns for a salad, a quick look at the information on the shelf can tell you that it’s a pretty nutritious combination. Avocado is 89 on the Index and prawns 75. The big surprise is popcorn – if it’s salt and butter-free, it’s not so bad, getting a score of 69. At the other end of the scale, there are cheese snacks with a value of only 4. And chocolate isn’t much better, with 10. Cheese and eggs come out with low scores too, 17 and 18. Peanuts, with a score of 21, are another high-fat food, of course. Another low-scoring food is the bagel, with 23. In the middle of the range there are things like steak, with 44, and pasta with 50. The information will be available in most of the larger supermarkets from next week.