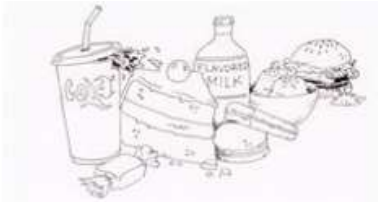


JUNK FOOD AND REAL FOOD

Read the text. Are there any words in the text that you don't understand? Look them up (you can use an on-line dictionary) and try to explain what they mean. Answer the questions below. What is your opinion about healthy/unhealthy food? Which do you prefer, why? Share your opinion with your teacher (Write a few sentences/a short essay and send it to: e.vesna@gmail.com).



Junk Food and 'Real Food'

A lot of people around the world are getting fat because they eat too much "junk food". (1)

Junk food is food that has a lot of calories, but not many nutrients. Nutrients are things that your body needs, such as vitamins, minerals and fiber. (2)

Most "fast food", such as KFC and stuff sold in packages, is junk food. It comes from factories, where scientists add refined sugar, salt and vegetable oil to make it taste good. They do this because they want to make money. They do not care about your health: that is your job. (3)

Junk food does taste good, too. That's why people drink huge bags of "iced tea" and Coke, and eat a big bag of potato chips, and still feel hungry. Their brains keep telling them to eat because it knows the body does not have all the nutrients it needs. (4)

Humans evolved eating three main kinds of food: meat, vegetables and fruit. These are "real foods". Things like refined sugar, flour and vegetable oil are not part of a human's natural diet.(5)



In America, which has the most obese people, it is hard for poor people to find 'real food'. Fresh vegetables and meat are only sold in supermarkets, and they are more expensive than junk foods. In America, more poor people are obese than rich people. Even people in prisons are obese. (6)

Here, we are lucky real food is still available - but so is junk food. Your body is the most valuable thing you will ever have in your life, so you should treat your body like a temple - not a garbage bin. Don't eat junk food.(7)

Questions:

- Which is not a real food:
a. apple b. string bean c. chicken wing d. potato chips
- The word 'obese' means:
a. skinny b. fat c. handsome d. fit
- According to the story, which country has the most fat people?
a. America b. Thailand c. Chile d. Hungary
- How many paragraphs are there in this story?
- What is your favorite 'real food'?...What is your favorite 'junk food'?
- What junk food have you eaten today? What real food?
- Do your parents encourage you to eat real foods? Do they buy you junk food?