

UNHEALTHY FOOD



Describe the picture.

:



What choice would you make? Why?

Essential vocabulary

Nutrition/ nutrients

Vitamins/ minerals/ microelements

Appetizing/ relatively inexpensive

unsaturated fats/ saturated fats/ solid fats/ trans fats

Carbohydrates

Carcinogens

Obesity/ metabolic disease

/ accelerated physiological ageing

Carbonated soft drinks

Chemical additives/ taste modifiers/ artificial flavourings

To digest/ to accumulate/ to cause

Unhealthy food

Our health depends on different factors, and **nutrition** (харчування) is one of them. We get all **nutrients** (поживні речовини), vitamins, minerals and microelements with food. However, apart from necessary, vital elements, many food products contain ingredients that are useless or even **destructive** (руйнівний) for health. Unfortunately, very often unhealthy food is tasty, **appetizing** (апетитний) and **relatively inexpensive** (відносно недорогий), so, we are **tempted** (маємо спокусу) to buy it again and again. As a result, we receive too little healthy elements, such as protein, **unsaturated fats** (ненасичені жири) and too many empty calories, **trans fats** (транс жири) and **carbohydrates** (вуглеводи). It causes various health problems – from **obesity** (ожиріння) to **metabolic disease** (порушення обміну речовин) and **accelerated physiological ageing** (прискорене фізіологічне старіння).

The most dangerous for health is so-called “junk food” or food containing empty calories. It is food with low biological value and high content of **solid fats** (тверді жири), calories and sugar. This category includes **carbonated** (газований) soft drinks, sweets, fast-food, chips, chocolate bars and other snacks. They are addictive like drugs – the more you drink, the more you want. Lemonades don't **allay thirst** (втамувати спрагу), and their “refreshing effect” is just an **advertising trick** (рекламний трюк), no more.

As for chips and other ready-made snacks, they are full of **carcinogens** (канцерогени), **chemical additives** (хімічні добавки) and **taste modifiers** (підсилювачі смаку). As you probably know, chips are made not of natural potatoes, but of **potato-starch** (картопляне борошно), which has **low nutritional value** (поживна цінність) and **digests** (перетравлюється) **poorly**. Moreover, they are fried in **low-grade oil** (низької якості) with **artificial flavourings** (штучні ароматизатори). That's why all these snacks cause **heartburn** (печія) and **gastritis** (гастрит).

Apart from “junk food”, there are other categories of unhealthy food, for example, manufactured meat products. This category includes all types of sausages. All sausage products contain very little meat and much animal fat, soya, ground bones and skin. These unhealthy saturated fats are **accumulated** (збирається) in your organism, **causing obesity** (призводить до ожиріння).

So, if you want to be healthy, pay attention to what you eat. If you like sweets, choose natural ones – honey, dried fruits, or, at least, natural bitter chocolate. If you can't live without flour products, opt for **wholegrain** (із цілого зерна) food. And please, never eat fast-food, **convenience meat products** (напівфабрикати) and chips. And never drink Cola.

Name the pictures:



Answer:

1. What do we get with food?

2. What healthy and unhealthy elements do you know?

3. What health problems does unhealthy eating cause?

1. Find some descriptive adjectives for “junk food”.

Make up word combinations and then sentences:

chemical

low

artificial

full of

potato

low-grade

causes

carbonated

taste

modifiers

flavourings

carcinogens

starch

oil

nutritional value

additives

heartburn

soft drinks

Complete the sentences:

Our health depends on ...

Unhealthy food is ... , but ...

It can cause ...

The most dangerous for health is ...


This category includes ...

They are addictive like ...

As for chips, ...

Apart from junk food, there are other categories of ...

If you want to be healthy, ...

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