

Pre-Intermediate 2
Unit 4: Reading
Presented by Mohammad Rajabpur

Our Changing Diet

diet = what we usually eat

diet = not eating certain foods → *Mary is on a diet.*

What do most North Americans usually eat? Many people think that the typical North American diet consists of fast food — hamburgers, hot dogs, French fries, pizza, fried chicken, and so on. They think North Americans also eat a lot of convenience foods usually frozen or canned, and junk food — candy, cookies, potato chips, and other things without much nutritional value. Unfortunately, this description is not totally inaccurate. Their diet is generally high in sugar, salt, fat, and cholesterol, and these substances can cause health problems.

North Americans = people in the USA and Canada

typical = usual

consist of = include, contain

American English	British English
French Fries	Chips
Chips	Crisps

and so on = and so forth, etc.

convenience food = frozen or canned food that is easy to eat or use

canned food = food inside a can

frozen = turned into ice

junk food = food without nutritional value

nutritional value = the value of the food that we eat

description = depiction

inaccurate = inexact

generally = usually

fat (noun) = a natural oily substance in the body of animals

fatty (adjective) = full of fat

cholesterol /kə'les.tə.rɔ:l/ = a substance containing a lot of fat that is found in the body tissue and blood of all animals, thought to be part of the cause of heart disease if there is too much of it

substance = material
cause = lead to, result in

However, some people's eating habits are changing. They are becoming more interested in good health, and nutrition is an important part of health. North Americans are eating less red meat and fewer eggs, and they are eating more chicken and fish. Chicken and fish contain less fat than meat and eggs. Many people are also buying more fresh vegetables and eating them raw or cooked quickly in very little water in order to keep the vitamins.

however = but
nutrition = eating properly

less + Uncountable Noun

- *Robert has less money than George.*
- *There is less sugar in my coffee than your coffee.*

fewer + Plural Countable Noun

- *There are fewer students in this class than that one.*
- *Sally has fewer friends than Mary (does).*

contain = include, have
➤ *Try to avoid foods which contain a lot of fat!*

fresh ≠ stale
raw = not cooked

in order to do something = with the aim or purpose of doing something
➤ *They are saving money in order to buy a new house.*
➤ *He came home early in order to see the children before they went to bed.*

Word	American Pronunciation	British Pronunciation
Vitamin	/ˈvaɪt.ə.mɪn/	/ˈvɪt.ə.mɪn/

Restaurant menus are also changing to reflect people's growing concern with good nutrition. Even fast-food places now offer "lean" (low-fat) hamburgers, broiled or roasted (instead of fried) chicken, and salad bars with a wide variety of fresh fruits and vegetables.

reflect _(verb) = show back
➤ *The mirror reflects your image.*

reflection (noun) = showing back images or facts
concern = what you worry about
roasted = cooked directly over fire
bar = part of a restaurant for serving drinks or special foods
a wide variety of = different types of

How are we going to eat in the future? Because we now know about the importance of nutrition, we will probably continue to eat more fish and vegetables and less meat. We will still buy convenience foods in supermarkets, but frozen foods may be more nutritious and canned foods may have less salt and sugar. Our junk food will not be "junk" at all because instead of candy bars we will eat "nutrition bars" with a lot of vitamins and protein. In the future, our diet will probably be even more interesting and healthful than it is now.

probably = possibly
nutritious = healthy, health-giving
(not) at all = not even a bit
bar = a stick holding food
protein /'prɒʊ.ti:n/ = one of the many substances found in food such as meat, cheese, fish, or eggs, that is necessary for the body to grow and be strong

Main Ideas:

North Americans eat a lot of fast food, convenience foods (frozen or canned food), and junk food without much nutritional value.

North Americans eat lots of sugary, salty and fatty food which can cause health problems.

Changes in North American Diet:

- They are eating less red meat and fewer eggs.
- They are eating more chicken and fish.
- They are eating more fresh vegetables.

North American restaurants have started to offer healthy food to people.

North American Diet in the Future:

- Frozen foods may be more nutritious.
- Canned foods may have less salt and sugar.
- Junk food will be no longer junk and it will become nutritious.
- Their diet will be more interesting and healthful.

Full Text:

Our Changing Diet

What do most North Americans usually eat? Many people think that the typical North American diet consists of fast food — hamburgers, hot dogs, French fries, pizza, fried chicken, and so on. They think North Americans also eat a lot of convenience foods usually frozen or canned, and junk food — candy, cookies, potato chips, and other things without much nutritional value. Unfortunately, this description is not totally inaccurate. Their diet is generally high in sugar, salt, fat, and cholesterol, and these substances can cause health problems.

However, some people's eating habits are changing. They are becoming more interested in good health, and nutrition is an important part of health. North Americans are eating less red meat and fewer eggs, and they are eating more chicken and fish. Chicken and fish contain less fat than meat and eggs. Many people are also buying more fresh vegetables and eating them raw or cooked quickly in very little water in order to keep the vitamins.

Restaurant menus are also changing to reflect people's growing concern with good nutrition. Even fast-food places now offer "lean" (low-fat) hamburgers, broiled or roasted (instead of fried) chicken, and salad bars with a wide variety of fresh fruits and vegetables.

How are we going to eat in the future? Because we now know about the importance of nutrition, we will probably continue to eat more fish and vegetables and less meat. We will still buy convenience foods in supermarkets, but frozen foods may be more nutritious and canned foods may have less salt and sugar. Our junk food will not be "junk" at all because instead of candy bars we will eat "nutrition bars" with a lot of vitamins and protein. In the future, our diet will probably be even more interesting and healthful than it is now.

Sample Summary:

Many North Americans eat fast food, convenience foods, and junk food high in sugar, salt, fat, and cholesterol, which can cause health problems. However, eating habits are changing as people focus more on health. They are eating less red meat and more chicken, fish, and fresh vegetables. Restaurants, including fast-food places, now offer healthier options like low-fat hamburgers and salad bars. In the future, people will likely eat even healthier, with nutritious frozen foods, less salty and sugary canned foods, and "nutrition bars" instead of candy bars. 🍔 🍏 🥗

Source:
[Pre-Intermediate 2 \(anglophone.ir\)](http://anglophone.ir)