

## ► Reading P

- 1 Do the food facts quiz (1–4). True or False? Write T or F. Then read the answers below and check with yours.

### How much do you know about diet and health? Read these food facts.

- 1 \_\_\_ Vegetarian diets are always healthy.
- 2 \_\_\_ Too many dairy products make you fat.
- 3 \_\_\_ Take a vitamin tablet every day – then you can eat what you like.
- 4 \_\_\_ You can lose weight by eating just one or two meals a day.

#### 1 FALSE

Many vegetarian diets are healthy, but vegetarians who eat only chips and cheese sandwiches are not getting enough nutrition!

Meat and fish give us protein, vitamins and minerals like iron and zinc. When you give up meat, you have to find these nutrients elsewhere. So vegetarians need to make sure they eat foods that contain them.

#### 2 TRUE

Milk, cheese and yogurt are healthy foods. They contain protein, vitamins and calcium, which is good for bones and teeth. Diets without enough dairy products do not give you as much calcium as your body needs. But dairy food contains a lot of fat, so be careful not to eat too much of it. Or you could choose reduced-fat versions instead.

#### 3 FALSE

Although vitamin tablets may provide all the vitamins you need each day, there are lots of other important nutrients they don't provide. They are not a substitute for a proper meal.

#### 4 FALSE

Some people go without meals to lose weight. But they often end up feeling hungry and weak, and then eat even more at the next meal. It's much better to eat three small meals a day and a few healthy snacks (some fruit, a low-fat yogurt or some cereal) in between, than to miss out on meals.

- 2 For questions 1–4 choose the correct answer, A, B, C or D.

- 1 A diet which consists mainly of chips and cheese sandwiches can be dangerous because
  - A these foods don't contain any nutrients.
  - B these foods don't contain enough nutrients.
  - C all diets should contain meat or fish.
  - D these foods contain too much zinc and not enough iron.
- 2 People who eat dairy food
  - A don't get enough calcium.
  - B don't need vitamin tablets.
  - C could damage their teeth.
  - D should limit the amount they consume.
- 3 Vitamin tablets
  - A contain all the nutrients you need.
  - B can replace all meals.
  - C are the best way to lose weight and be healthy.
  - D don't contain everything you need.
- 4 People who want to lose weight
  - A always feel hungry and weak.
  - B should go without meals.
  - C should still eat three meals a day.
  - D should only eat fruit and cereal.