

Junk Food



READING

18 ES Read the text and answer the questions.

JUNK FOOD: A PLEASANT DANGER

In 1972 Michael Jacobson, director of the Centre for Science in the Public Interest, used for the first time the term “junk food” for food containing a large quantity of ingredients rich in calories and salt. A diet based on potato chips, French fries, hamburgers with additional sauces, chocolate, sweet snacks and soft drinks is just the opposite of a balanced diet. However junk food is easy to consume and it is “good” because of its high fat, salt and sugar content. It is convenient and people can have it in a ready-to-eat form. But... in some countries it is considered a serious health problem. According to research some years ago in the U.K., 45% of 8-to-15-year olds thought that the bad effects of eating junk food were simply getting fat and becoming unpopular. Of course all teenagers think they’re indestructible, but a junk food diet can have very dangerous effects on their lives.

The diet of a child in the 1950s was probably superior to that of a child today. They ate a lot of bread and drank a lot of milk. 60 years ago, children had

red meat and vegetables.

They certainly did more exercise. Nowadays children fill their stomachs with crisps, snacks and coke, while they are lying on their sitting room sofa.

Industry says it is making changes and currently the fat content of children’s favourite food (like crisps) is reduced. The British Heart Foundation is asking food companies to stop putting games in snack packets and competitions on their websites. Families also have their responsibilities: junk food is too often a way for parents to show their love for their children, so for a lot of kids chips and chocolate are part of their everyday life – and that needs to change.



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1. What is “junk food”?
2. Is a diet based on junk food balanced?
3. Why is junk food popular?
4. According to a group of young people, what were the bad effects of junk food on their health?
5. Write the difference between what children ate and drank in the 1950s and what they eat and drink today.
6. Is industry reducing the fat content in junk food?
7. Why do parents often give their children junk food?
8. Do you consume junk food? What in particular? Why?

WRITING

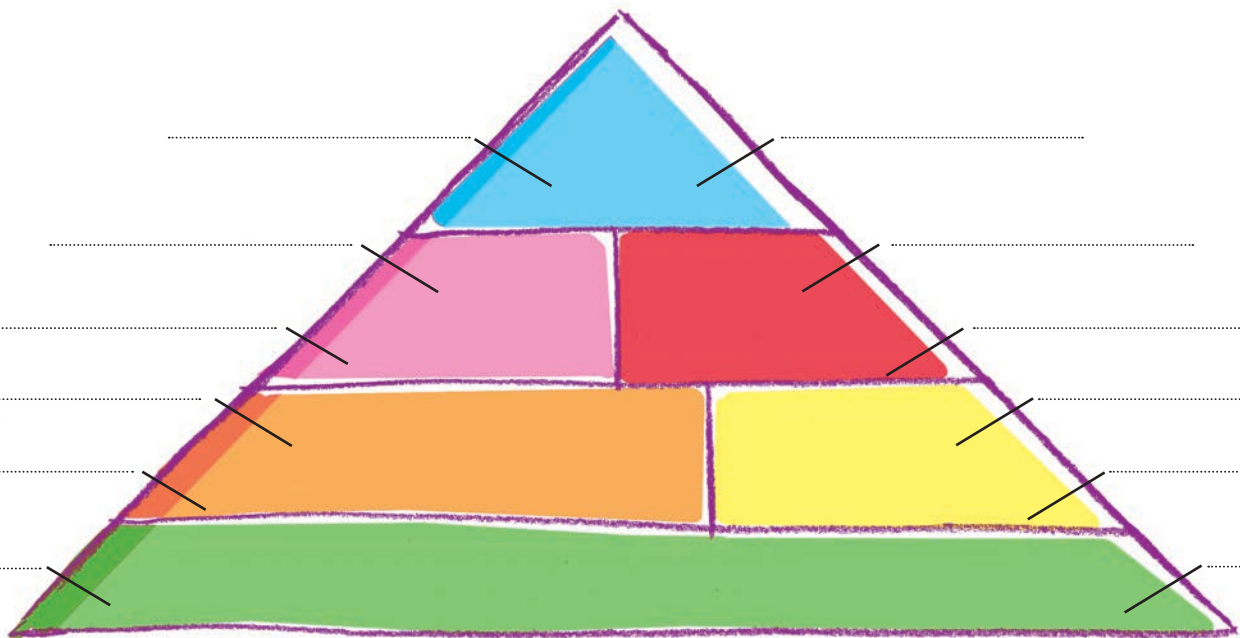
19 ES Read the text *Junk Food: a pleasant danger* again and write a summary of it. Write about 100-120 words. Use the answers to the questions in exercise 18 to help you.

20 ES Write a short report about what your grandparents ate and drank at their meals and as a snack when they were children and what you eat and drink. Add your comment.

LISTENING

21a **1.17** Listen to the interview to an expert in nutrition and insert the following food in the correct area.

cereal • butter • cheese • bread • oranges • milk • fish • potatoes • carrots • rice
• tomatoes • meat • yoghurt • pasta • oil • bananas • eggs • cream



21b Complete each column with the names of the appropriate food.

carbohydrates	proteins	vitamins	fat
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.....			
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.....			

SPOKEN INTERACTION

22 Work in groups of four. Take notes of what you and your schoolmates ate and drank yesterday and of how much physical exercise you did. Discuss the result: were your diets balanced? Was there too much junk food? What food was necessary to eliminate? What food was necessary to introduce? Were your diets correct for your physical activities?