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Food

1 Read the text below. Choose the correct answer (a–c) for each question.

Everyone knows how important it is to think about what you eat. But food is a very interesting thing. Did you know ...

The potato was originally from Peru and was brought to Europe by explorers. Potatoes are 99% fat free, contain 35% of an adult's daily requirement of vitamin C and are 80% water! Amazingly Germans eat twice as many potatoes as Americans.

Water is essential for life and an average adult should drink around 2.5 litres of water a day. If you eat lots of fibre, things like bread or rice, you need to drink more water. This is because your body doesn't digest fibre, so you need the extra water to push the fibre through your body. Around 70% of your body consists of water, so keep drinking.

In Morocco children are given hedgehog liver to eat. They think it helps you remember. In fact, fish is good for your brain as fish contain zinc and if you don't have enough zinc in your body, your memory deteriorates. In many countries fish are thought to bring luck. In Japan people eat red snapper on New Year's Day because red is thought to be a lucky colour.

Eggs contain all eight essential amino acids and are a great source of protein. However, you'd need to eat more than eight eggs a day to get all the protein you need. Eggs also help protect you against blindness and heart disease. Many animals lay eggs and although chicken eggs are the most popular around the world, people will eat eggs from ostriches, crocodiles and fish – caviar of course!

For years people have used garlic as a charm against the evil eye – protecting people against vampires. In some countries people used to put garlic over their doors. Interestingly enough, garlic and onions kill flu and cold viruses. If you suffer from insomnia, then you should eat onions as they contain a mild natural sedative called quercetin.

- 1 Americans eat _____ number of potatoes than Germans.
a the same **b** half the **c** twice the
- 2 Caviar is ...
a fish eggs. **b** chicken eggs. **c** crocodile eggs.
- 3 If you can't sleep, you should eat ...
a onions. **b** potatoes. **c** garlic.
- 4 Over a third of an adult's daily vitamin C requirement can be found in ...
a eggs. **b** fish. **c** potatoes.
- 5 If you eat lots of bread, you should ...
a have lots of protein. **b** drink water. **c** sleep well.
- 6 In winter you should try to eat more ...
a garlic. **b** fish. **c** eggs.
- 7 Eating fish is likely to help your ...
a eyes. **b** heart. **c** brain.

2 Talk about food. Do you eat the same things?

- 1 What's your favourite food? Why?
- 2 What's the strangest food you've eaten?
- 3 What do you eat for breakfast?
- 4 Have you ever eaten something you didn't like? What was it?
- 5 Do you eat any special food for holidays or festivals?