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***Fill in the gaps with the appropriate word:***

More, obesity, a balanced, fast food, safe, carbohydrates, food poisoning, food, developing, growth, starvation, calories, burgers, pizzas, dieticians.

Most children enjoy eating…………….. Scientific tests have shown us that …………….and ……………….can lack essential minerals and vitamins which are essential for health and………... Added to this they contain large amounts of fat and ……………which can result in ………….and heart problems. Many children end up suffering from malnutrition since they eat too much of the wrong sort of………... In fact, in may areas of the developed world, a lot of children show similar symptoms to those in poorer………….. countries. Here scarcity of food causes thousands of deaths from…………., especially in the wake of natural disasters which ruin crops and in some cases totally destroy the annual harvest.

…………………tell us that we must eat …………….diet as it essential we consume sufficient quantities of different food groups. They tell us that we should all eat ……….fibre and fewer foods which are high in cholesterol which can block the walls of arteries and lead to heart problems. This is good advice, of course, but our lifestyles often make this difficult. Many of the ready-prepared foods we buy from supermarkets are high in ………….giving us more energy than we actually need. Genetically modified foods are appearing on our supermarket shelves, even though nobody is really sure if such foods are…………. We have the option, of course, of buying organic foods, but naturally activated fruit and vegetables ire expensive. And to make matters worse, we are continually hearing about outbreaks of salmonella, and listeria which put us off eating certain foods, as nobody wants to spend time in hospital, suffering from………………. A few things to watch out for next time you go shopping. If you have the time and the money, that is!

***Glossary:***

fast food : food that requires little preparation before being served

burger : a bread roll served with minced beef/ cheese/ vegetable

pizza : baked dough covered with cheese, tomatoes, etc.

obesity : being excessively fat

arteries : vessels that convey oxygenated blood from the heart to other parts of the body

calories : energy value of food

salmonella : kind of bacterium causing food poisoning

listeria : rod-like bacterium causing a serious form of food poisoning genetically : alteration of cells of animal proteins or plants modified foods