

Food and Eating: ANSWERS

1. Which words do you already know? Use a dictionary for any new words. Match them to their synonyms

c vitamins **h** source **g** regional **e** recommend
f servings **j** improve **i** guidelines **b** include
a specific **d** average

a) particular d) normal g) local j) better
b) contain e) suggest h) origin
c) nutrients f) portions i) directions

2. Use the words in the gray box to complete the following sentences.

1. Today many countries have produced guidelines to teach their citizens about healthy diets.
2. Most doctors recommend eating a lot of fruits and vegetables.
3. Fresh fruits such as oranges and bananas contain important nutrients.
4. You should eat a few servings of protein every day. Fish, meat, and tofu all contain protein.
5. Cheese is an excellent source of calcium; so are milk and yogurt.
6. Scientists believe that the regional food in Sardinia helps the people who live there live long, healthy lives.
7. It's OK to include some sweets such as chocolate in your diet, but not too many.
8. Some scientists believe that eating broccoli can improve your memory. I'm going to eat some before the test next Friday!
9. Bananas only grow in specific areas of the world. They can only grow in countries with warm, tropical climates such as Costa Rica.
10. On an average day, I drink three cups of coffee; however, yesterday I drank five.