Reading to learn

What influences our diet?

1 Look at the pictures on page 29. Discuss the questions.

1 Where do you think the young people are from?
2 What type of food can you see? Why do you think they eat this food?

2 Read and listen to the article and check your ideas. Did anything surprise you?

1.06

Reading strategy

Figuring out meaning from context

When you read a text, you may come across key words which you don't know. Ask yourself:

- What type of word is it: noun, verb, etc.? Does it have a prefix or suffix that can help you?
- Is there a synonym or an antonym of the word in the sentence or the surrounding sentences? Is it paraphrased, or followed by an example?

3 Study the reading strategy. Then find the words below in the article on page 29. Can you figure out their meanings?

1 intriguing (line 18)
2 malnutrition (line 26)
3 shack (line 30)
4 chronic (line 41)
5 obese (line 48)

4 Read the article again and answer the questions.

1 Why did Greg Segal decide to photograph food?
2 What were the main similarities and differences in people's diets?
3 What's unusual about pizzas in India?
4 According to the writer, why do a lot of people in the U.S. eat fast food?
5 What does Segal want to achieve with Daily Bread?

Discover vocabulary Collocations

Student Book ▶ page 116 Workbook ▶ page 26

5 Match the words in A with words in B to make collocations. Check your answers in the article.

A school-aged status carbonated developing advertising fast

B country food drink symbol campaign child

6 Make new collocations finishing with the nouns in B in exercise 5. Use the words below and your own ideas.

1 organic .....
2 chemical .....
3 soft .....
4 developed .....
5 only .....
6 political .....

7 **TALKING POINTS** Make a list of what you usually eat for breakfast / lunch / dinner. Then discuss the questions.

1 Why do you think you or your family choose this food? Think about advertising, price, convenience, culture, nutritional value.
2 Do you think the typical diet in your country is healthy?

Discover more

SEARCH ONLINE and find out about **school lunches in a different country**. What are the similarities and differences compared to your school lunches?

DAILY BREAD

What would a weekly diet look like in one photo? Let's take a look at Greg Segal's photo series *Daily Bread* and find out.





Greg Segal is an American photographer. His photos always have something to say about the world, and his pictures of children in *Daily Bread* are no exception. The children are surrounded by the food that they eat in a week. The pictures make us reflect on what we consume, and what is a healthy diet.

It all started in 2016, after Segal had completed a project photographing people's weekly trash. He noticed how much of our trash came from packaged food. This got him thinking about how much processed food we have in our diets, and how this is different for people in different countries. For *Daily Bread*, he photographed people from the U.S., Europe, Asia, and Africa.

Before Segal took the photos, children were asked to keep a food journal of everything they ate for a week, including the portion size. Then all of their meals were recreated by food stylists and cooks. The results are intriguing and thought-provoking – the similarities and differences among countries and cultures are clear to see. There are the same global brands, carbonated drinks, and processed snacks. But there are also different homecooked meals, vegetables, and fruit.

Segal found some of the differences surprising. In developing countries, malnutrition and lack of food can be an issue. However, in *Daily Bread*, the diets of children from Asia and Africa are generally good. Segal photographed a 10-year-old Indian girl named Anchal Sahni. Anchal lives with her family in a little shack outside Mumbai. She eats traditional homecooked meals and lots of vegetables. She has hardly any processed food because her family can't afford it. Her dad earns $5 a day, and a Domino's pizza is $13 – it's almost a status symbol because it's so expensive. Price influences food choices, and in countries like India, global convenience foods are pricy. As a result, these items are less popular ... and diets are often healthier.

In contrast, diets in the developed world are sometimes poor. In the U.S., for example, a lot of people eat badly. Aggressive advertising campaigns, price, and convenience influence choice; fast food is cheap and easily available. This has led to a chronic overconsumption of processed food – in fact, the average American meal contains up to 60% of ultra-processed food. Sixteen-year-old Isaiah Dedrick, from California, has a typical diet. He eats some healthy meals, but he also eats a lot of fast food, which is high in saturated fat and sugar. The consequences are clear: one in three school-aged children in the US are overweight or obese, and life expectancy has decreased.

Daily Bread is a fascinating snapshot of the things that influence children's diets: price, convenience, culture, and the globalization of companies that sell processed food. By putting diets in the spotlight, Segal hopes to start a conversation and raise awareness of the problems that ultra-processed food can cause. He's encouraging people to take the *Daily Bread* challenge and photograph everything they eat in a week. We like taking pictures of food and posting them on Instagram; maybe *Daily Bread* will get us talking about it, too ... and change our diets for the better.

What exactly got Segal thinking?

What does the prefix *re-* in "recreated" mean?

What does "processed" mean? What other things are processed?

Which words introduce results in this paragraph?

The life cycle of food 1.23

biodegradable non-biodegradable carbon footprint consume grow landfill locally sourced packaging transport (v) reusable

1 **Complete the sentences. Change the form of the word if necessary.**

1 The world produces about 7,600,000 kg of food every minute and _____ about 5,200,000 kg of it. Sadly, the rest is wasted.
2 What a waste! These peaches are in a cardboard box, but they've put the box in plastic _____.
3 I got this _____ "eco-cup" from a cafe on vacation. I have my morning coffee in it every day.
4 How do they _____ the sandwiches from the factory to the stores?
5 Vegetables have a lower _____ than meat, unless they are exported long distances.
6 You can buy _____ trash bags now. They still take years to disappear, but they're much better than _____ ones.
7 _____ foods are generally fresher, tastier, and better for the environment.
8 Only 9% of plastic is recycled or reused; the rest ends up in _____ or as litter. Isn't that shocking?
9 With the right technology, it's even possible to _____ fruit and vegetables in the desert.

2 **Answer the questions with your own ideas.**

1 How can we change our eating habits to reduce our carbon footprint?
_____
2 What locally sourced food do you eat?
_____
3 Which materials are biodegradable? Which are non-biodegradable?
_____
4 How could the food industry use less food packaging?
_____

Collocations 1.24

advertising campaign big business carbonated drink chemical symbol developed world developing world fast food organic food political campaign small business soft drinks status symbol

3 **Choose the correct answers.**

1 My aunt designs clothes and recently she's started a **small** / **big** business.
2 France, Australia and the U.S. are **developed** / **developing** countries.
3 A really good **advertising** / **political** campaign can greatly increase the sales of a product.
4 Au is the **status** / **chemical** symbol for gold.
5 I prefer **soda** / **soft** drinks like juice and water.
6 I try to avoid **organic** / **fast** food, but sometimes I really feel like a burger!

Food and nutrition 1.25

artificial calories carbohydrates fat fiber preservative protein serving sweetener vitamin

4 **Match 1–8 with pictures A–H.**

1 This food is high in fat, sugar, and calories. .....
2 This food contains a lot of artificial coloring. .....
3 This food contains no artificial preservatives. There is more than one serving here. .....
4 You can get vitamin D from these. .....
5 People often add sweetener to this, instead of sugar. .....
6 This food contains a lot of carbohydrates and fiber. .....
7 This food is very low in calories. .....
8 These foods contain fat, fiber, vitamin B, and protein. .....



5 **Complete the sentences with the correct words. Are the sentences true or false for you?**

1 When I have a cold, I consume more _____ by drinking hot drinks with lemon.
2 I never buy low-_____ yogurt and mayonnaise. It doesn't taste as good.
3 I'm trying to give up sugar in my coffee. I take _____ instead now.
4 Whole wheat pasta has more _____ than normal pasta, and I think it tastes better, too.
5 I'm vegetarian, so I get most of my _____ from lentils, cheese, and nuts.
6 I know more or less how many _____ I should consume every day.
7 I hate the _____ flavoring in potato chips. They don't taste at all like real ingredients.
8 My family never eats _____ like rice or pasta in the evening.

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WB

The life cycle of food

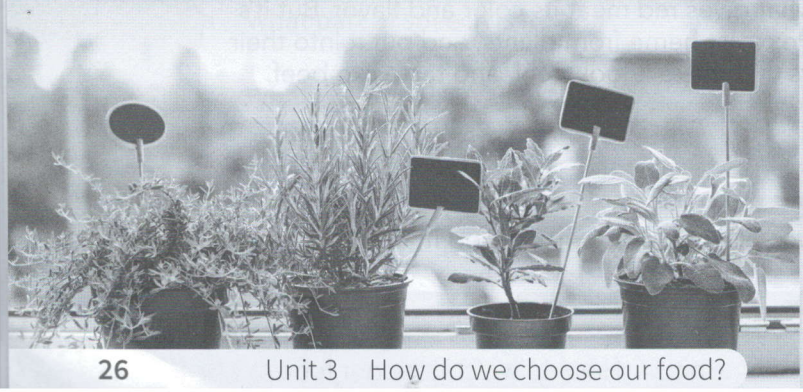
1 **Complete the text with the words below. There are two extra words.**

biodegradable carbon footprint consume
grow landfill locally sourced reusable
non-biodegradable packaging transport

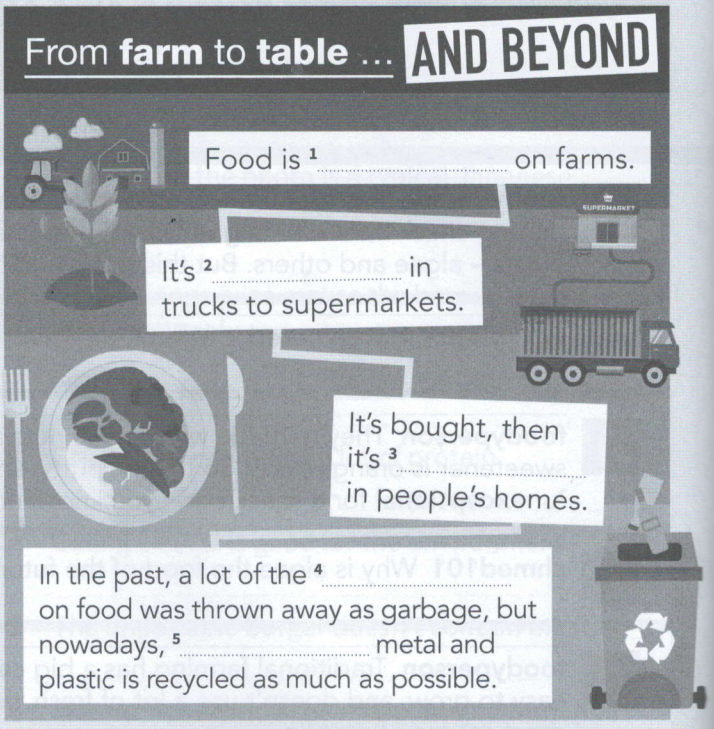
Want to help the **environment** by **reducing** your [1] ..... ?

Here are seven small things you can do that could make a big difference – if everyone joined in.

- Try to avoid buying food that comes in a lot of [2] ..... . Creating it and disposing of it uses a lot of energy and causes pollution – and it's often completely unnecessary.
- If that isn't possible, then at least try to avoid food packaged in [3] ..... materials such as plastic. Plastic pollution is a huge problem we all need to work together to solve.
- Whenever possible, choose [4] ..... cups, plates, knives, forks, and spoons rather than disposable ones. Try to get in the habit of carrying your own with you.
- If you do use throwaway products, try to find ones made from a [5] ..... material such as wood. That way, they won't stay around for thousands of years.
- Choose as much [6] ..... food as you can. Transporting food long distances produces CO_2, and buying food from nearby producers helps local businesses.
- Try to [7] ..... your own fruit or vegetables, even if it's just a small amount of salad on the windowsill. This gives you a connection to your food, and doesn't cause any waste or pollution.
- Put as little garbage as possible in [8] ..... . Remember: reduce, reuse, recycle!



2 **Complete the infographic with the correct form of words from exercise 1.**



Collocations

3 **Choose the correct words.**

1 The **status** / **chemical** symbol for carbon dioxide is CO_2.
2 Over-consumption of food is a problem in the **developing** / **developed** world.
3 I know it isn't very healthy, but I sometimes go out for **organic** / **fast** food with my friends.
4 My favorite **carbonated** / **soft** drink is orange juice.
5 The restaurant's **advertising** / **political** campaign showed celebrities eating there.
6 Tourism is **small** / **big** business in that region. The local economy relies on it.

4 **Write a collocation for each definition. Use words from exercise 3.**

1 a soft drink with bubbles .....
2 an independently owned company that is limited in size and revenue .....
3 a possession that someone is proud of and thinks shows their high social place .....
4 countries that are trying to make their industry and economy more advanced .....
5 the activities someone does to try to win an election .....
6 things to eat that are created in a way that doesn't harm the environment .....