

TASK1 Match the descriptions 1-5 to the situations a-e.

- 1 Very thin teenage girls who don't eat because they think they're too fat.
- 2 People caught in a famine in Africa.
- 3 A whole family, all ill after eating out.
- 4 People who are so fat it's very unhealthy.
- 5 Teenage boys who eat too much chocolate.

- a They're starving to death.
- b They are obese.
- c They've got food poisoning.
- d They can get really bad spots.
- e They are anorexic.

TASK2 Listen to the article about one of the problems from task1.

Which problem is being talked about?

What is the reason of this problem?

What is the solution to this problem?

TASK3 Match words from the box with the words below to create meaningful phrases.

diet fruit meal salad food good meat weight

lose / put on a bit of / gain _____

a balanced / a healthy / a special / a poor _____

health / organic / fresh / junk / fast _____

a light / a heavy / a big / a lovely / our main _____

ripe / tropical / rotten / tinned _____

white / red/ lean / fatty / raw _____

a potato / a green / a fruit / a side _____

_____ for your health / for your heart / for your digestion / when you've got a cold