

## Health and Fitness – The Mediterranean Diet

A. What food do you eat which you think is healthy and unhealthy? Make a list and compare it with a partner.

Healthy	Unhealthy

B. Think of food that each sentence could describe. Compare with a partner.

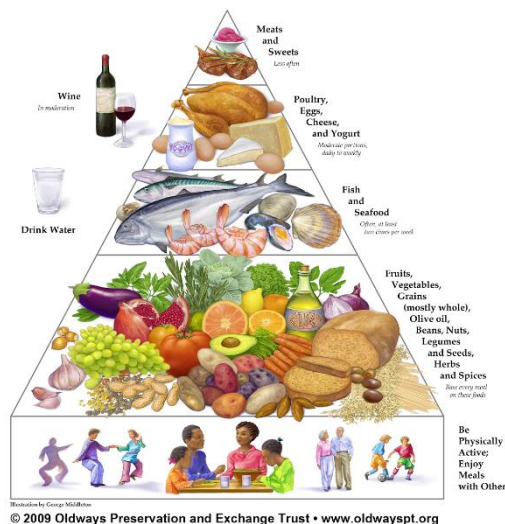
1. You should eat this 4-5 times a day.
2. Doctors recommend that you consume this food sparingly.
3. This drink helps you maintain a healthy lifestyle.
4. You should only have 1-2 servings of this a day.
5. Eat a variety of this every day.

C. Read the text about the Mediterranean diet. What makes the diet special?

How healthy is your **diet**? Do you get all your servings of fruit and vegetables every day? The Mediterranean diet is considered one of the healthiest diets in the world. It's defined as the diet followed by people living in countries that border the Mediterranean sea. This includes Spain, Italy, Greece and parts of France. The **cuisine** in each country is very different, but all of them have one thing in common, the Mediterranean diet.

Although the definition of the Mediterranean diet can vary from region to region, the most important factor is that it has a high content of fruit, vegetables, fish and unsaturated **fat** like olive oil. Red meat and dairy is consumed sparingly. There is even an allowance for **moderate consumption** of red wine in the diet.

The Mediterranean diet has been linked to improved health. Research has shown that it reduces the risk of heart disease and cancer. People also have better **life expectancy** with this diet. So what are you waiting for? Make the change and start following the Mediterranean diet today!



Can you define the highlighted words from the text?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

D. Choose the 5 statements from A-H below that are TRUE according to information given in the text. Write the letters of the TRUE statements on the lines below (in any order).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- A. There are not many diets as healthy as the Mediterranean diet.
- B. Every country that follows the diet eats the same food.
- C. There is only one definition of the Mediterranean diet.
- D. Olive oil is an important part of the diet.
- E. It's ok to eat red meat and dairy.
- F. Alcohol is allowed as long as it's not much.
- G. You won't get cancer if you follow the Mediterranean diet.
- H. People from countries with the Mediterranean diet live longer.

E. Discuss these questions with a partner.

1. Do you follow the Mediterranean diet? Would you like to? Why / Why not?
2. Do you think all people in Mediterranean countries follow this diet? Why / Why not?
3. How are people's diets changing because of modern food culture?
4. What other countries have healthy diets? Why are they healthy?
5. Is a healthy diet the only thing you need to stay fit?

F. Look at some of the vocabulary we have used in this lesson. Use the vocabulary to write some advice about staying fit and healthy then compare with a partner.

- |                   |           |                 |           |
|-------------------|-----------|-----------------|-----------|
| healthy           | unhealthy | consume         | sparingly |
| serving           | fat       | diet            | cuisine   |
| healthy lifestyle | moderate  | life expectancy | stay fit  |

☆ How to stay fit and healthy. My top 5 tips! ☆

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**ANSWER KEY**

ACTIVITY D (answers can appear in any order)

1. A
2. D
3. E
4. F
5. H