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Level 6 – 12th September, 2022

Ultra-processed food linked to cancer risk

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<https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been shed on the possible dangers of eating ultra-processed food. A new study has revealed that consuming food such as sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or entirely made in a laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar and fats. The research was conducted on over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.

Ultra-processed foods make up a growing proportion of the food we eat. The WHO says they account for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food gained weight more quickly than those who ate a more nutritious and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave advice on how people can look after their bodies better through their diets. She said: "We should consider substituting ultra-processed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases."

Sources: <https://edition.cnn.com/2022/09/01/health/ultraprocessed-foods-cancer-early-death-wellness/index.html>
<https://scitechdaily.com/ultra-processed-foods-linked-with-heart-disease-bowel-cancer-and-death/>
<https://www.medicalnewstoday.com/articles/ultra-processed-foods-linked-to-heart-disease-cancer-and-death-studies-show>

WARM-UPS

1. FOOD: Students walk around the class and talk to other students about food. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

light / dangers / ultra-processed food / sausages / factories / ingredients / cancer / calories / diets / teenagers / gain weight / balanced diet / advice / obesity / disease

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGETARIAN: Students A **strongly** believe we should all become vegetarians; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. ADDITIVES: What do you know about these food additives? How necessary are they? What could we substitute them with? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	How Necessary	Substitute
Preservatives			
Colouring			
Flavour enhancers			
Artificial sweeteners			
Trans fats			
E numbers			

5. SAUSAGES: Spend one minute writing down all of the different words you associate with the word "sausages". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. ULTRA-PROCESSED FOOD: Rank these with your partner. Put the worst ultra-processed food at the top. Change partners often and share your rankings.

- Sausages
- Frozen pizza
- Ice cream
- Sweetened yoghurt
- Sodas
- Cookies
- Margarine
- Breakfast cereals

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|--|
| 1. shed light on | a. Eating or drinking. |
| 2. revealed | b. Helped to explain something by providing further information about it. |
| 3. consuming | c. Any of the foods or substances that are combined to make a particular dish. |
| 4. ingredients | d. Completely; totally. |
| 5. entirely | e. Made previously unknown or secret information known to others. |
| 6. preservatives | f. A disease caused by an uncontrolled division of abnormal cells in a part of the body. |
| 7. cancer | g. Things put in food to make it last longer and keep it fresher. |

Paragraph 2

- | | |
|--------------------|--|
| 8. proportion | h. Supply or make up a specified amount. |
| 9. account for | i. The action of stopping something from happening. |
| 10. nutritious | j. A part, share, or number considered in comparative relation to a whole. |
| 11. substituting | k. Is beneficial to your body as food or drink. |
| 12. prevention | l. The condition of being unhealthily overweight. |
| 13. obesity | m. Replacing one thing with another. |
| 14. cardiovascular | n. Relating to the heart and blood vessels. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. New research proves all ultra-processed food causes cancer. **T / F**
2. Frozen pizza can increase the risk of heart disease. **T / F**
3. The ingredients of ultra-processed food are mostly made in a laboratory. **T / F**
4. Researchers looked at data from more than 200,000 people. **T / F**
5. Two-thirds of U.S. teens get their calories from ultra-processed food. **T / F**
6. The article says South Americans eat a lot of ultra-processed food. **T / F**
7. A doctor said everyone should go on a diet. **T / F**
8. The doctor said we should totally cut out minimally processed foods. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|----------------|
| 1. shed | a. replacing |
| 2. consuming | b. totally |
| 3. risk | c. make up |
| 4. entirely | d. eating |
| 5. period | e. wholesome |
| 6. proportion | f. time |
| 7. account for | g. think about |
| 8. nutritious | h. cast |
| 9. consider | i. part |
| 10. substituting | j. possibility |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|----------------------------|
| 1. Further light has been shed | a. made in a laboratory |
| 2. ready-to- | b. diseases |
| 3. ingredients that are largely or entirely | c. of the food we eat |
| 4. flavour | d. eat meals |
| 5. The research was conducted | e. weight more quickly |
| 6. make up a growing proportion | f. on over 200,000 people |
| 7. they account for around | g. obesity |
| 8. gained | h. on the possible dangers |
| 9. the prevention of | i. enhancers |
| 10. cardiovascular | j. two-thirds of calories |

GAP FILL

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been (1) _____ on the possible dangers of eating ultra-processed food. A new study has (2) _____ that consuming food such as sausages, (3) _____ pizza, ready-to-eat meals, sodas and cakes can increase the (4) _____ of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or (5) _____ made in a laboratory. They are added with things like preservatives, flavour enhancers, (6) _____, sugar and fats. The research was conducted on over 200,000 people in the USA (7) _____ a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing (8) _____ cancer.

colourings

shed

bowel

risk

revealed

over

entirely

frozen

Ultra-processed foods make up a growing (9) _____ of the food we eat. The WHO says they (10) _____ for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food (11) _____ weight more quickly than those who ate a more (12) _____ and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave (13) _____ on how people can look after their bodies better through their (14) _____. She said: "We should consider substituting ultra-processed foods with unprocessed or (15) _____ processed foods in our diet for cancer prevention and for the prevention of (16) _____ and cardiovascular diseases."

diets

nutritious

account

minimally

proportion

obesity

advice

gained

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

- 1) A new study has revealed that consuming food _____
 - a. such as sausage is
 - b. such was sausage is
 - c. such as sausages
 - d. such has sausages
- 2) sodas and cakes can increase the risk of cancer, heart disease or _____
 - a. an earlier dead
 - b. an earlier dearth
 - c. an early a death
 - d. an earlier death
- 3) made in factories from ingredients that are largely or entirely made _____
 - a. in a lavatory
 - b. in a laboratory
 - c. inner laboratory
 - d. in a lab oratory
- 4) added with things like preservatives, flavour enhancers, colourings, _____
 - a. sugar and fats
 - b. sugary and fats
 - c. sugar end fats
 - d. sugar end fat
- 5) had a 29 per cent higher risk of _____
 - a. develop pin bowel cancer
 - b. develop in bowel cancer
 - c. enveloping bowel cancer
 - d. developing bowel cancer
- 6) Ultra-processed foods make up _____
 - a. a grown proportion
 - b. a grow in proportion
 - c. a growing proportion
 - d. a grow wing proportion
- 7) The WHO says they account for around two-_____
 - a. thirds of calories
 - b. thirds off calories
 - c. third of calories
 - d. third off calories
- 8) Dr Zhang said children who ate ultra-processed food gained _____
 - a. way more quickly
 - b. weigh more quickly
 - c. weight amore quickly
 - d. weight more quickly
- 9) She gave advice on how people can look _____
 - a. after their bodice
 - b. after their bodices
 - c. after their bod is
 - d. after their bodies
- 10) foods with unprocessed or minimally processed foods in our diet _____
 - a. fork canter prevention
 - b. four can sir prevention
 - c. fork answer prevention
 - d. for cancer prevention

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has (1) _____ the possible dangers of eating ultra-processed food. A new study has revealed that consuming food such as sausages, frozen pizza, ready-to-eat meals, (2) _____ can increase the risk of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories (3) _____ are largely or entirely made in a laboratory. They are added with (4) _____, flavour enhancers, colourings, sugar and fats. The research was (5) _____ 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher (6) _____ bowel cancer.

Ultra-processed foods make up (7) _____ of the food we eat. The WHO says they account for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food (8) _____ quickly than those who ate a more nutritious and (9) _____. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She (10) _____ how people can look after their bodies better through their diets. She said: "We should consider substituting ultra-processed foods with unprocessed (11) _____ foods in our diet for cancer prevention and for the (12) _____ and cardiovascular diseases."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

1. What has been shed on the dangers of ultra-processed food?
2. What kind of pizza constitutes ultra-processed food?
3. Where are most of the ingredients in ultra-processed food from?
4. How many people were part of the research?
5. Who had a higher risk of developing bowel cancer?
6. How much of the calories of U.S. teens are from ultra-processed food?
7. What do children who eat ultra-processed food gain?
8. What did a doctor say we needed to look after?
9. What should we swap ultra-processed food for besides processed food?
10. What conditions did a doctor say we should prevent besides obesity?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

- 1) What has been shed on the dangers of ultra-processed food?
 - a) information
 - b) cabins
 - c) further light
 - d) a torch
- 2) What kind of pizza constitutes ultra-processed food?
 - a) frozen pizza
 - b) Hawaiian pizza
 - c) four-cheese pizza
 - d) Margherita
- 3) Where are most of the ingredients in ultra-processed food from?
 - a) factories
 - b) test tubes
 - c) shops
 - d) chemicals
- 4) How many people were part of the research?
 - a) exactly 200,000
 - b) over 200,000
 - c) just fewer than 200,000
 - d) around 200,000
- 5) Who had a higher risk of developing bowel cancer?
 - a) vegetarians
 - b) children
 - c) women
 - d) men
- 6) How much of the calories of U.S. teens are from ultra-processed food?
 - a) three-quarters
 - b) two-thirds
 - c) three-fifths
 - d) seven-eighths
- 7) What do children who eat ultra-processed food gain?
 - a) weight
 - b) knowledge
 - c) immunity
 - d) satisfaction
- 8) What did a doctor say we needed to look after?
 - a) the planet
 - b) gardens
 - c) our bodies
 - d) tomatoes
- 9) What should we substitute ultra-processed food with besides processed food?
 - a) meat
 - b) cheese
 - c) tofu
 - d) minimally processed foods
- 10) What conditions did a doctor say we should prevent besides obesity?
 - a) cardiovascular diseases
 - b) neurological diseases
 - c) congenital diseases
 - d) genetic diseases

ROLE PLAY

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Role A – Sausages

You think sausages are the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, ice cream or cookies.

Role B – Frozen Pizza

You think frozen pizzas is the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): sausages, ice cream or cookies.

Role C – Ice Cream

You think ice cream is the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, sausages or cookies.

Role D – Cookies

You think cookies are the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, ice cream or sausages.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'food' and 'risk'.

food	risk
-------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• light• frozen• products• added• over• 29	<ul style="list-style-type: none">• growing• calories• gained• advice• consider• obesity
---	---

ULTRA-PROCESSED FOOD SURVEY

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Write five GOOD questions about ultra-processed food in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

ULTRA-PROCESSED FOOD DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'food'?
3. What do you think of processed food?
4. What kind of unhealthy food do you eat?
5. What do you think of ready-to-eat meals?
6. Do you worry about additives in food?
7. Should we all eat food that is made only from fresh ingredients?
8. Could you give up eating and drinking things like cakes and soda?
9. What could you do to eat more healthily?
10. Do you ever worry that the food you eat isn't good for you?

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ULTRA-PROCESSED FOOD DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'risk'?
13. What do you think about what you read?
14. Why do we eat so much processed food?
15. What's the difference between processed and ultra-processed food?
16. What are the dangers of eating too much processed food?
17. How healthy is the food you have eaten recently?
18. How can you look after your body better?
19. How can we reduce obesity levels in society?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been (1) _____ on the possible dangers of eating ultra-processed food. A new study has revealed that consuming food such (2) _____ sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or an (3) _____ death. Ultra-processed food includes products made in factories from ingredients that are largely or (4) _____ made in a laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar and fats. The research was conducted (5) _____ over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of (6) _____ bowel cancer.

Ultra-processed foods make up a (7) _____ proportion of the food we eat. The WHO says they account for around two-thirds of calories (8) _____ the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food gained weight more quickly than those who ate a more (9) _____ and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave advice (10) _____ how people can look after their bodies better through their diets. She said: "We should (11) _____ substituting ultra-processed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the (12) _____ of obesity and cardiovascular diseases."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|---------------|-----------------|
| 1. | (a) shorn | (b) shard | (c) shed | (d) shred |
| 2. | (a) as | (b) was | (c) has | (d) is |
| 3. | (a) early | (b) quickly | (c) suddenly | (d) higher |
| 4. | (a) entirely | (b) entire | (c) entice | (d) enticed |
| 5. | (a) of | (b) up | (c) in | (d) on |
| 6. | (a) develop | (b) developed | (c) develops | (d) developing |
| 7. | (a) growing | (b) growth | (c) grows | (d) grow |
| 8. | (a) by | (b) at | (c) on | (d) in |
| 9. | (a) nutritious | (b) virtuous | (c) viscous | (d) raucous |
| 10. | (a) of | (b) on | (c) in | (d) at |
| 11. | (a) reside | (b) consider | (c) residual | (d) insider |
| 12. | (a) prevention | (b) conviction | (c) abduction | (d) unification |

SPELLING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Paragraph 1

1. A new study has evealred that
2. consuming food such as usasages
3. made in factories from nreidiegtns
4. added with things like svpereitavres
5. research was undcctoed on over 200,000 people
6. developing wobel cancer

Paragraph 2

7. a growing ooprritpon
8. they account for around two-thirds of aocirles
9. a more urnitiotus and well balanced diet
10. nmamilily processed foods
11. the prevention of besotiy
12. cardiovascular sdaeises

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Number these lines in the correct order.

- () products made in factories from ingredients that are largely or entirely made in a
- () Ultra-processed foods make up a growing proportion of the food we eat. The WHO says they account
- () laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar
- () increase the risk of cancer, heart disease or an earlier death. Ultra-processed food includes
- () period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.
- () revealed that consuming food such as sausages, frozen pizza, ready-to-eat meals, sodas and cakes can
- () ate ultra-processed food gained weight more quickly than those who ate a more nutritious and well balanced
- () for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who
- (**1**) Further light has been shed on the possible dangers of eating ultra-processed food. A new study has
- () diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave
- () and fats. The research was conducted on over 200,000 people in the USA over a 28-year
- () should consider substituting ultra-processed foods with unprocessed or minimally processed foods
- () advice on how people can look after their bodies better through their diets. She said: "We
- () in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases."

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

1. has dangers . Further been the on shed light
2. the can and of cakes increase Sodas risk cancer .
3. in are that largely made Ingredients laboratory . a
4. with are added things They like preservatives .
5. higher per cent risk 29 developing of A bowel cancer .
6. up make foods a Ultra-processed growing proportion .
7. account for around two-thirds They of calories .
8. who food ultra-processed ate gained Children more weight .
9. on people Advice look can how after themselves .
10. should we She consider said ultra-processed substituting foods .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been shed *in / on* the possible dangers of eating ultra-processed food. A new study has *revelled / revealed* that consuming food such as sausages, *freezing / frozen* pizza, ready-to-eat meals, sodas and cakes can increase the *risk / risky* of cancer, heart disease or an earlier death. Ultra-processed food *includes / including* products made in factories from ingredients that are *largesse / largely* or entirely made in a laboratory. They are *added / subtracted* with things like preservatives, flavour enhancers, colourings, sugar and *fats / fatty*. The research was conducted on over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a *lot / lots* of ultra-processed food had a 29 per cent higher risk of developing *dowel / bowel* cancer.

Ultra-processed foods make *up / down* a growing proportion of the food we eat. The WHO says they account *for / from* around two-thirds of calories *in / on* the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food *granted / gained* weight more quickly than *those / them* who ate a more nutritious and well balanced diet. She said: "Americans consume a *hugely / large* percentage of their daily calories from ultra-processed foods." She gave *advise / advice* on how people can look after their bodies better through their diets. She said: "We should consider *replicating / substituting* ultra-processed foods with unprocessed or *minimally / maximally* processed foods in our diet for cancer prevention and for the prevention of obesity *end / and* cardiovascular diseases."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

F_rth_r l_gh_t h_s b__n sh_d _n th_ p_ss_bl_ d_ng_rs
_f __t_ng _ltr_-pr_c_ss_d f__d. _ n_w st_dy h_s
r_v__l_d th_t c_ns_m_ng f__d s_ch _s s__s_g_s, fr_z_n
p_zz_, r__dy-t-__t m__ls, s_d_s _nd c_k_s c_n
_ncr__s_ th_ r_sk _f c_nc_r, h__rt d_s__s_ _r _n
__rl__r d__th. _ltr_-pr_c_ss_d f__d _ncl_d_s pr_d_cts
m_d_ _n f_ct_r__s fr_m _ngr_d__nts th_t _r_ l_rg_ly
_r _nt_r_ly m_d_ _n _ l_b_r_t_ry. Th_y _r_ _dd_d
w_th th_ngs l_k_ pr_s_rv_t_v_s, fl_v__r _nh_nc_rs,
c_l__r_ngs, s_g_r _nd f_ts. Th_ r_s__rch w_s c_nd_ct_d
_n _v_r 200,000 p__pl_ _n th_ _S_ _v_r _ 28-y__r
p_r__d. R_s__rch_r Dr F_ng F_ng Zh_ng s__d m_n wh_
t _ l_t _f _ltr_-pr_c_ss_d f__d h_d _ 29 p_r c_nt
h_gh_r r_sk _f d_v_l_p_ng b_w_l c_nc_r.

ltr-pr_c_ss_d f__ds m_k_ _p _ gr_w_ng pr_p_rt__n _f
th_ f__d w_ __t. Th_ WH_ s_sys th_y _cc__nt fr
_r__nd tw_-th_rds _f c_l_r__s _n th_ d__ts _f
_m_r_c_n ch_ldr_n _nd t__n_g_rs. Dr Zh_ng s__d
ch_ldr_n wh_ _t_ _ltr_-pr_c_ss_d f__d g__n_d w__ght
m_r_ q__ckly th_n th_s_ wh_ _t_ _ m_r_ n_tr_t__s
_nd w_ll b_l_nc_d d__t. Sh_ s__d: "_m_r_c_ns c_ns_m_
_ l_rg_ p_rc_nt_g_ _f th__r d__ly c_l_r__s fr_m _ltr_-
pr_c_ss_d f__ds." Sh_ g_v_ _dv_c_ _n h_w p__pl_ c_n
l__k _ft_r th__r b_d__s b_tt_r thr__gh th__r d__ts.
Sh_ s__d: "W_ sh__ld c_ns_d_r s_bst_t_t_ng _ltr_-
pr_c_ss_d f__ds w_th _npr_c_ss_d _r m_n_m_lly
pr_c_ss_d f__ds _n __r d__t fr c_nc_r pr_v_nt__n _nd
fr th_ pr_v_nt__n _f _b_s_ty _nd c_rd__v_sc_l_r
d_s__s_s."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

further light has been shed on the possible dangers of eating ultraprocessed food a new study has revealed that consuming food such as sausages frozen pizza readytoeat meals sodas and cakes can increase the risk of cancer heart disease or an earlier death ultraprocessed food includes products made in factories from ingredients that are largely or entirely made in a laboratory they are added with things like preservatives flavour enhancers colourings sugar and fats the research was conducted on over 200000 people in the usa over a 28year period researcher dr fang fang zhang said men who ate a lot of ultraprocessed food had a 29 per cent higher risk of developing bowel cancer

ultraprocessed foods make up a growing proportion of the food we eat the who says they account for around twothirds of calories in the diets of american children and teenagers dr zhang said children who ate ultraprocessed food gained weight more quickly than those who ate a more nutritious and well balanced diet she said americans consume a large percentage of their daily calories from ultraprocessed foods she gave advice on how people can look after their bodies better through their diets she said we should consider substituting ultraprocessed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Further light has been shed on the possible dangers of eating ultra-processed food. A new study has revealed that consuming foods such as sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or entirely made in a laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar and fats. The research was conducted on over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer. Ultra-processed foods make up a growing proportion of the food we eat. The WHO says they account for around two-thirds of calories in the diet of American children and teenagers. Dr Zhang said children who ate ultra-processed food gained weight more quickly than those who ate a more nutritious and well-balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave advice on how people can look after their bodies better through their diets. She said: "We should consider substituting ultra-processed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases."

ACADEMIC WRITING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food.html>

Ultra-processed food should be banned. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. ULTRA-PROCESSED FOOD: Make a poster about ultra-processed food. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FRESH INGREDIENTS: Write a magazine article about requiring all food to be produced using fresh ingredients. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on ultra-processed food. Ask him/her three questions about it. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. e 3. a 4. c 5. d 6. g 7. f
8. j 9. h 10. k 11. m 12. i 13. l 14. n

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 T 5 T 6 F 7 F 8 F

SYNONYM MATCH (p.5)

1. h	2. d	3. j	4. b	5. f
6. i	7. c	8. e	9. g	10. a

COMPREHENSION QUESTIONS (p.9)

1. Further light
2. Frozen pizza
3. Factories
4. Over 200,000
5. Men
6. Two-thirds
7. Weight
8. Our bodies
9. Minimally processed foods
10. Cardiovascular diseases

WORDS IN THE RIGHT ORDER (p.19)

1. Further light has been shed on the dangers.
2. Sodas and cakes can increase the risk of cancer.
3. Ingredients that are largely made in a laboratory.
4. They are added with things like preservatives.
5. A 29 per cent higher risk of developing bowel cancer.
6. Ultra-processed foods make up a growing proportion.
7. They account for around two-thirds of calories.
8. Children who ate ultra-processed food gained more weight.
9. Advice on how people can look after themselves.
10. She said we should consider substituting ultra-processed foods.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)