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**Level 4 – 12th September, 2022**

## Ultra-processed food linked to earlier death

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.html>

Eating ultra-processed food could be risky. Food like sausages, frozen pizza, ready-to-eat meals and sodas increase the risk of cancer, heart disease or early death. Ultra-processed food is made from ingredients that are largely or totally from a laboratory. They are things like preservatives, flavour enhancers and colourings. Men are at greater risk. Men who ate a lot of ultra-processed food have a 29 per cent higher risk of getting bowel cancer.

We are eating more and more ultra-processed food. It is now two-thirds of the calories in the diets of young Americans. Children who eat ultra-processed food gain weight more quickly than those who eat well balanced diets. A doctor advised us to eat better to look after our bodies. She said we should eat less ultra-processed food to help prevent cancer, 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>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.html>

## PARAGRAPH ONE:

- |                         |                   |
|-------------------------|-------------------|
| 1. Food like            | a. and colourings |
| 2. ready-               | b. of cancer      |
| 3. increase the risk    | c. greater risk   |
| 4. made from            | d. cancer         |
| 5. flavour enhancers    | e. to-eat meals   |
| 6. Men are at           | f. risk           |
| 7. a 29 per cent higher | g. ingredients    |
| 8. bowel                | h. sausages       |

## PARAGRAPH TWO:

- |                       |                       |
|-----------------------|-----------------------|
| 1. two-thirds         | a. more quickly       |
| 2. in the diets       | b. less               |
| 3. gain weight        | c. of the calories    |
| 4. those who eat well | d. diseases           |
| 5. look after         | e. of young Americans |
| 6. we should eat      | f. our bodies         |
| 7. help prevent       | g. balanced diets     |
| 8. cardiovascular     | h. cancer             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.html>

Eating ultra-processed food (1) \_\_\_\_\_. Food like sausages, frozen pizza, (2) \_\_\_\_\_ and sodas increase the risk of cancer, heart disease (3) \_\_\_\_\_. Ultra-processed food is made from ingredients that are largely or totally from a laboratory. They are (4) \_\_\_\_\_, flavour enhancers and colourings. Men are (5) \_\_\_\_\_. Men who ate a lot of ultra-processed food have a 29 per cent higher risk of (6) \_\_\_\_\_.

We are eating (7) \_\_\_\_\_ ultra-processed food. It is now two-thirds of (8) \_\_\_\_\_ the diets of young Americans. Children who eat ultra-processed (9) \_\_\_\_\_ more quickly than those who eat (10) \_\_\_\_\_. A doctor advised us to eat better to look (11) \_\_\_\_\_. She said we should eat less ultra-processed food to help prevent (12) \_\_\_\_\_ cardiovascular diseases.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2209/220912-ultra-processed-food-4.html>

Eating ultra-processed food could be risky. Food like sausages, frozen pizza, ready-to-eat meals and sodas increase the risk of cancer, heart disease or early death. Ultra-processed food is made from ingredients that are largely or totally from a laboratory. They are things like preservatives, flavour enhancers and colourings. Men are at greater risk. Men who eat a lot of ultra-processed food have a 29 percent higher risk of getting bowel cancer. We are eating more and more ultra-processed food. It is now two-thirds of the calories in the diet of young Americans. Children who eat ultra-processed food gain weight more quickly than those who eat well-balanced diets. A doctor advised us to eat better to look after our bodies. She said we should eat less ultra-processed food to help prevent cancer, obesity and cardiovascular diseases.

# ULTRA-PROCESSED FOOD SURVEY

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Ultra-processed food linked to earlier death – 12th September, 2022*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-4.html>

Write about **ultra-processed food** for 10 minutes. Read and talk about your partner's paper.

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