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**Level 5 – 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-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-5.html>

A study reveals further possible dangers of eating ultra-processed food. Consuming food like sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or early death. Ultra-processed food is made in factories from ingredients that are largely or totally from a laboratory. They are things like preservatives, flavour enhancers, colourings, sugar and fats. The 28-year study was on 200,000 people in the USA. A researcher said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.

We are eating more and more ultra-processed food. The WHO says it makes up around two-thirds of the calories of American children and teenagers. A doctor said children who ate ultra-processed food gained weight more quickly than those who ate a well balanced diet. She said we get a large percentage of our daily calories from this food. She advised us to look after our bodies better through our diets. She said we should substitute ultra-processed food with unprocessed or minimally processed food to 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-5.html>

## PARAGRAPH ONE:

- |                                |                      |
|--------------------------------|----------------------|
| 1. A study reveals further     | a. made in factories |
| 2. ready-to-eat                | b. ate a lot         |
| 3. cakes can increase the risk | c. possible dangers  |
| 4. Ultra-processed food is     | d. cancer            |
| 5. largely or totally from     | e. of cancer         |
| 6. sugar and                   | f. meals             |
| 7. men who                     | g. a laboratory      |
| 8. risk of developing bowel    | h. fats              |

## PARAGRAPH TWO:

- |                             |                        |
|-----------------------------|------------------------|
| 1. We are eating more       | a. after our bodies    |
| 2. around two-thirds        | b. and more            |
| 3. gained                   | c. diseases            |
| 4. a well                   | d. of the calories     |
| 5. daily                    | e. balanced diet       |
| 6. She advised us to look   | f. processed food      |
| 7. unprocessed or minimally | g. calories            |
| 8. cardiovascular           | h. weight more quickly |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2209/220912-ultraprocessed-food-5.html>

A (1) \_\_\_\_\_ possible dangers of eating ultra-processed food. Consuming (2) \_\_\_\_\_, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease (3) \_\_\_\_\_. Ultra-processed food is made in factories from ingredients that are largely or totally from a laboratory. They are (4) \_\_\_\_\_, flavour enhancers, colourings, (5) \_\_\_\_\_. The 28-year study was on 200,000 people in the USA. A researcher said men who ate a lot of ultra-processed food had a 29 per cent higher risk of (6) \_\_\_\_\_.

We are eating (7) \_\_\_\_\_ ultra-processed food. The WHO says it makes up around two-thirds (8) \_\_\_\_\_ of American children and teenagers. A doctor said children who ate ultra-processed (9) \_\_\_\_\_ more quickly than those who ate a (10) \_\_\_\_\_. She said we get a large percentage of our daily calories from this food. She advised us to look after our (11) \_\_\_\_\_ our diets. She said we should substitute ultra-processed food with unprocessed or minimally processed food to prevent cancer, (12) \_\_\_\_\_ diseases.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2209/220912-ultra-processed-food-5.html>

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# 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) \_\_\_\_\_

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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) \_\_\_\_\_

