

Culture clip 11

The secret to a long life: Worksheet

2nd edition
Solutions

Start thinking

1 Answer the questions.

- 1 What do you understand by 'life expectancy'?
- 2 How can a person's diet affect their life expectancy?

Comprehension check

2 Number the food in the order you see it.

☐ olive oil

☐ sushi

☐ fried meat

☐ sautéed vegetables [sauteid] = fried food quickly in a little hot fat
- rychle osmažit v oleji

☐ fast food

☐ a pasta dish

3 Answer the questions.

- 1 Why is fast food so popular?
- 2 Why are so many adults in the US obese?
- 3 Which ingredients form the basis of Italian food?
- 4 How do Italians usually cook their food?
- 5 Why is traditional Japanese food so healthy?
- 6 What is so different about the way that the Japanese eat?

Vocabulary

4 Match definitions 1–6 with the words below.

fried grilled nutritious obese raw sautéed

1 not cooked

2 very fat, in a way that is not healthy

3 very good for you

4 cooked quickly in a little hot fat

5 cooked in hot fat or oil

6 cooked on a metal frame over an open fire

Over to you

5 Answer the questions.

- 1 Do people live a healthy life in your country? Why / Why not?
- 2 What kind of fast food is available in your country? How often do you eat fast food?
- 3 Is obesity a problem in your country? How do you think the problem could be solved?
- 4 In general, do you think dieting is a good idea? What is the most sensible way of going about it?