

# *You are what you eat!*

## EAT YOUR GREENS

GREEN food is packed with VITAMINS, FIBER, and other goodies that help keep your body healthy and strong. Some of these things are hard to find in other food, so the more peas, broccoli, spinach, and beans you eat, the better!

## AND YOUR REDS

RED food can be a good source of vitamins that help protect your body's cells. Be sure to eat your fill of tomatoes, radishes, cherries, berries, and watermelon.

## AND YOUR PURPLES

PURPLE food such as blackberries, blueberries, red cabbage, raisins, eggplants, plums, and grapes can contain chemicals that help protect your body from DISEASE and keep your heart healthy.

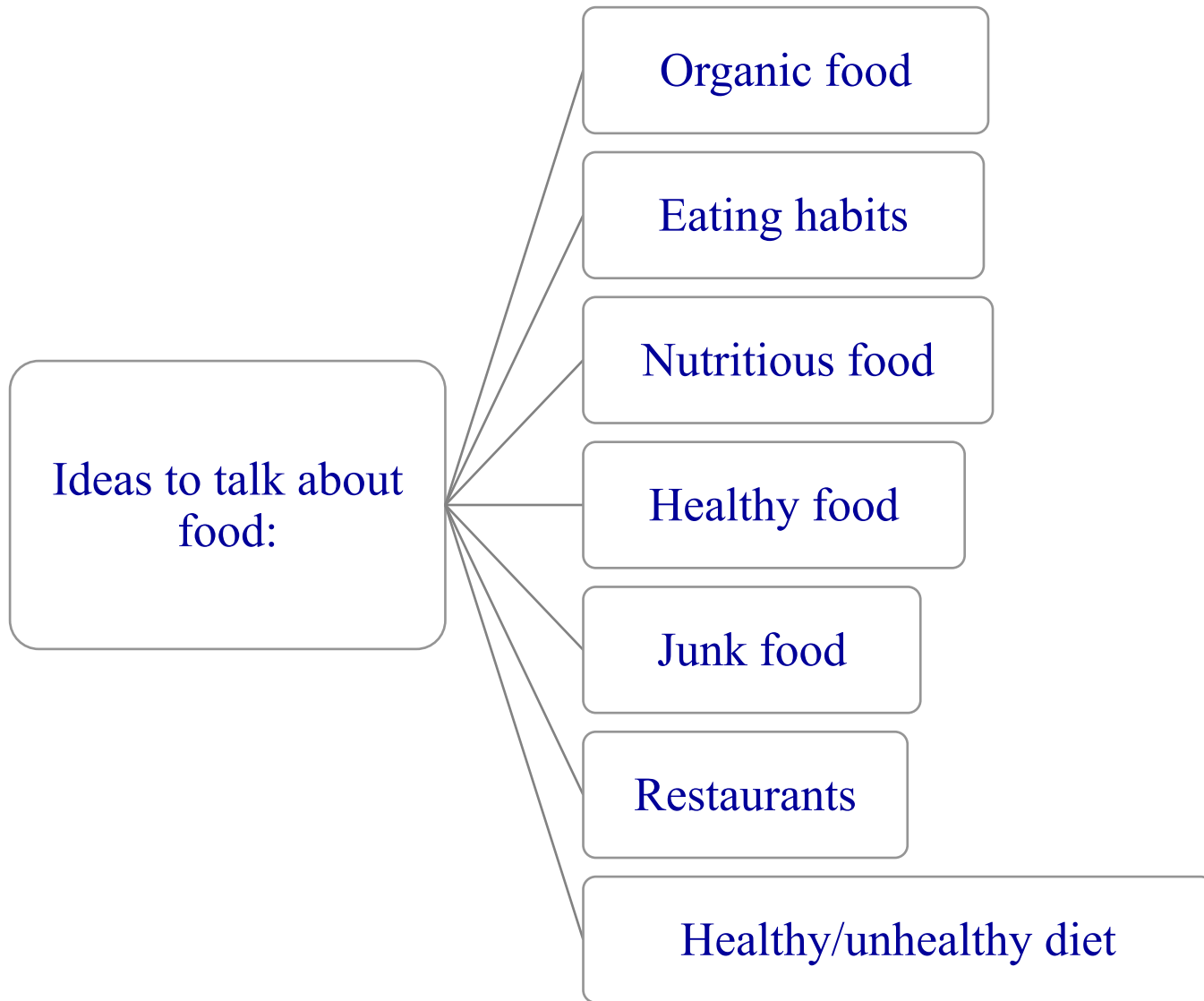
## AND YOUR YELLOWS

YELLOW food usually contains lots of Vitamin A and C. By eating plenty of corn, lemons, bananas, peppers, melon, apricots, and pineapple, you will boost your body's IMMUNE SYSTEM, which is what makes sure you stay well.

## AND YOUR ORANGES

ORANGE food such as carrots, sweet potatoes, squash, pumpkin, and—of course—oranges can contain something called CAROTENES. These are converted to Vitamin A, which help keeps your eyes, skin, hair, bones, and teeth in good shape.





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## Useful words and collocations:

**dine in:** dine at home. *We're dining in tonight.*

**dine out:** dine at a restaurant. *We're dining out tonight.*

**fussy eater:** someone who is very picky about the food and doesn't eat everything. *My husband is a fussy eater, and he's never pleased with my cooking.*

**home-cooked food:** food cooked at home, usually implies that food is healthy. *Preparing home-cooked food is a good way to make a balanced meal.*

**in a walking distance of:** close to. *I usually dine at a restaurant that's in a walking distance of my home.*

**Italian cuisine:** traditional Italian food. You can also say French cuisine, Russian cuisine, Chinese cuisine and so on. *I adore pasta, pizza and Italian cuisine in general.*

**more of a chore than a pleasure:** something you do rather unwillingly. *I think that cooking is more of a chore than a pleasure.*

**mouth-watering:** delicious, appetizing. most nutrient-dense foods on the planet

**my mouth is watering:** that is to say you find something very appetizing. People use this expression when they see/smell food that looks very delicious. *My mouth is watering every time I think about my grandmother's apple pie.*

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**nutritious products:** products rich in calories. *A nutritious breakfast is a great way to start the day, as it gives your body the nutrients and you get enough energy.*

**processed food:** food that has been modified in an undesirable or unhealthy way to achieve its current state. *Try to avoid processed foods like flavored nuts and cereal bars. It is much healthier to eat organic food.*

**quality justifies the bill:** when a product is worth buying due its good quality, even if it's expensive. *I first thought those strawberries were too expensive, but when I tasted them I understood that their quality justified the bill.*

**quick snack:** a light and quick meal, usually unhealthy. *Eating quick snack instead of main meal can be harmful for stomach.*

**restrain one's hunger:** to avoid eating when you really want to. Usually practiced during diets. *John couldn't restrain his hunger anymore and went to the nearest fast-food restaurant.*

**slap-up meal:** a quick and fatty meal. To slap up means to cook something very quickly. *I feel like making a slap-up meal tonight.*

**starving hungry:** to be extremely hungry. *I woke up starving hungry yesterday and ate the whole roast chicken.*

**to be dying of hunger:** an exaggerated way of saying you are really hungry. *I haven't eaten all day. I'm dying of hunger!*

**to be full-up:** to eat to the point that you can't eat anymore.- *Would you like more chips? - No, thank you, I'm already full-up!*

**to be ravenous (to have ravenous appetite):** to be really hungry, starving, voracious. *After working all day, I had a ravenous appetite.*



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## Useful words and collocations:

a hearty breakfast, a substantial meal , a light meal

grab a bite, malnutrition, **to have a sweet tooth**: to enjoy eating sweet food. *Dave eats candy all the time. He must have a sweet tooth.*

**ready meal**: a meal that you buy already cooked, which only requires reheating to be eaten. *I had no desire to cook, so I bought a ready meal in a nearby supermarket.*

home-cooked food

**satisfy my appetite, spoil my appetite**: to do something that would hinder your desire to eat. *Stop talking about the snails, you're spoiling my appetite!*

palatable, scrumptious

healthy appetite, processed foods

GM foods, perishable foods, appetizing ,

impair our daily health , taste divine/heavenly, taste gross/disgusting, strong/rich flavor, mild flavor, bland flavor

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1. Tell me a bit about your eating habits.

Well, if I wanna talk about my eating habits, I'd have to say that I take it as it comes. I'm not an **early riser (early bird)** and this is the reason most of the time I have to skip breakfast which is considered as an **essential meal**. If I wake up with time and energy to run, then I'll have **a hearty breakfast to fuel myself**.

Although I try to eat healthy, due to my busy and hectic lifestyle I can't have this opportunity to have home-cooked food and sometimes I have to eat far too much junk food. **Mind you**, I try to avoid eating dinner so that I can compensate for unhealthy meal that I have. Sometimes I only **grab a bite** or have **a quick snack and ready meals in order not to suffer from malnutrition!!!**

## 2. What are some important factors you consider when choosing what to eat?

Personally speaking, when it comes to choosing what to eat I go for its taste first of all. You know, to me it should be palatable and scrumptious enough to satisfy my appetite. Although it may not seem healthy, as most nourishing meals are tasteless unfortunately I'd rather not give them a try.

Then, I would pick some foods based on their eye-catching images on the menu or on Instagram. Maybe they don't taste good at all, but at least they don't spoil my appetite at first sight.

You know, because I have a healthy appetite, I always choose what to eat based on the extent they are nutritious. I don't believe processed foods are good for our long-term health in general, not to mention GM foods (genetically modified foods).



### 3. How popular is organic food in your country?

Generally, I don't think that organic food is much popular in the country where I come from. However, I can't say it doesn't exist at all. It is just not **reasonably priced** for the whole society to use, except for upper-middle class families. Unfortunately, during the last 20 years or so, we haven't been provided with organic food. we have to eat **processed and perishable foods** as a consequence of lack of healthy ones.

4. Do you think people should be encouraged to eat organic food? why?/why not?

That's a very good question and I think everybody has this right to be encouraged to eat healthy food. Obviously, organic food prevents illness and diseases. Artificial chemicals are used popularly in farming and maybe in these food we eat daily. So, organic food which doesn't use any artificial chemicals in the growing of plants will be safe for consumers. Moreover, Organic foods don't contain artificial preservatives, so they sit on the shelf for less time, and consumers get a fresher, better tasting product. Although, with all these factors mentioned, it should first be made affordable for people.

5. Do you prefer fast food restaurants or traditional ones?  
Why?

**To me**, fast food restaurants are the first choice and I have my own reasons for that. **Clearly**, all of us would have every day experience of eating traditional and home-made foods. As our culture represents, **starchy foods** like rice and bread are among our **inseparable meals** and few people can avoid them. So, not surprisingly, as many other people I would go to a fast food restaurant as the menu it offers is so **appetizing**, not to mention its being kinda entertainment for the youth specially to spare time while trying them.

## 6. Do you think our diet has an effect on our health?

Absolutely

Definitely

For sure

Improving our diet would contribute to improving our mood, giving us more energy, and helping us think more clearly. Actually, eating regular meals and snacks at the same times every day helps keep our blood sugar levels steady. Poor nutrition **can impair our daily health** and **wellbeing** and reduce our ability to **lead an enjoyable and active life**. Though it may be **tempting** to rush out the door without breakfast, skipping meals actually makes your body less able to assimilate food, and you are more **liable** to overeat at the next meal.

## 7. Describe somewhere you like to shop for food.

Honestly, I don't often go shopping for food, but I know the market where our family mostly go there. **It is within the walking distance** from our apartment and actually this is the best choice for my family. It's not crowded as it is a local supermarket, but it can provide the neighbors with any kind of groceries they need. There's a large number of foods such as fish, vegetable, fruit, sea food, meat and so on. The reason that our family would always go there is that it **is commodious and spacious enough** where you can easily walk without other people's interruption and everything you need is **categorically arranged in colorful shelves** which I think make it unique and quite different from other market I know.

## 8. Describe a meal you enjoyed eating in a restaurant.

As I'm gluttonous and above all a food-lover, I tend to try different restaurants with my friends. Among all the meals I have tried and the restaurants where I have been to, I would like to talk about a hamburger that I had in x restaurant which changed all good ideas I had ever had over other hamburgers in my whole life. You know this is my favorite food and I can't **ever swap it** for any other foods. It tasted like heaven and to me **it was out of this world**. It was kinda nostalgic for me and my friends. Not only was it so special for me, but also for my friends who weren't a **big fan of** hamburgers. Since then, I have always tried their hamburgers only.