

Food - reading p. 61

1

Przeczytaj tekst. W parach odpowiedzcie na pytania w tekście.

Everyone is a bit of a fussy eater. We love certain foods and hate others. There are even some people who only eat one or two types of food for weeks! Look at these diets based on one or two kinds of food. Which of them do you think Steve Jobs sometimes lived on? Why do you think so?



1. Coffee and biscuits

2. Pizza and ice cream

3. Apples and carrots

4. Porridge and nuts

2

Przeczytaj poniższą notatkę i sprawdź swoją odpowiedź na pytanie z tekstu w zadaniu 1. Następnie streść główną myśl tej notatki jednym zdaniem w języku angielskim.



We all go on unusual diets from time to time, but some people can take this to extremes. Steve Jobs, for example, only ate carrots or apples for weeks at a time. He once ate so many carrots that his skin turned bright orange. Nutrition experts say that such limited diets are bad for us. If you live on very few products for a long time, your body doesn't get all the vitamins and minerals it needs. In the long run, you may develop serious health problems.

3

W parach odpowiedzcie na pytania.

1. Are you a fussy eater? What foods do you never eat?
2. Do you know anyone with unusual eating habits?

4

Przeczytaj informacje o trzech osobach. Zaznacz, które zdania są prawdziwe (P), a które fałszywe (F). Uzasadnij swój wybór.

1. Gemma: I'm a little overweight. I don't have much fast food or sweets, but I work from home and often eat between meals. I'd like to stop putting on weight.

2. Mike: I've taken up rowing recently and realised how unfit I am! I get tired pretty quickly. To keep going, I usually have a bar of chocolate, but it gives me strength for a short time. I want to be strong!

3. Anya: I work in a busy office where I hardly have time to go out and grab something to eat. I try to pack my lunch bag, but I don't have any ideas for meals and don't want to live on sandwiches only.

	P	F
1. Gemma eats too much junk food.	<input type="radio"/>	<input type="radio"/>
2. Gemma likes snacks.	<input type="radio"/>	<input type="radio"/>
3. Mike eats sweets to put on weight.	<input type="radio"/>	<input type="radio"/>
4. Gemma and Mike aren't happy with their bodies.	<input type="radio"/>	<input type="radio"/>
5. Anya doesn't have time to pack her lunch for work.	<input type="radio"/>	<input type="radio"/>
6. Anya usually leaves her office to buy lunch.	<input type="radio"/>	<input type="radio"/>



5

Przeczytaj porady żywieniowe A–D zamieszczone poniżej. Uzupełnij luki w notatce zgodnie z treścią tekstu.

A. Most athletes eat food with a lot of complex carbohydrates in it, like for example pasta. The energy from such carbohydrates burns off slowly, not like sugary things that give a burst of energy, but then you feel weak again.

B. Change your diet completely and start your day in a healthy way: some grapefruit and yoghurt will make you energetic. Also, no fried food, so bake your fish or chicken for lunch (you can find some simple and healthy recipes online).

Avoid sweets and junk food and take up some sport.

C. You need to make sure that your little snacks aren't too fattening. Keep a lot of fruit and vegetables at home, especially carrots. When you need a break, have some veggies instead of the usual snacks.

D. Make some effort! First, find simple and healthy recipes. Make a list of food to buy. Then go shopping and buy enough food for the whole week. This way you will always have something to take for lunch.



- Produkty zawierające dużo (1) dają tylko chwilowy zastrzyk energii.
- Zastąp smażone potrawy (2) . Unikaj (3) i niezdrowego jedzenia.
- (4) stanowią zdrową i nietuczącą przekąskę.
- Aby przygotować dobry obiad do pracy, zacznij od znalezienia (5) .

6

Przeczytaj ponownie informacje o osobach z zadania 4. oraz porady z zadania 5. Przyporządkuj każdej osobie odpowiednią poradę. Jedna z nich nie pasuje do żadnej osoby.

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