Diets of the world

Vocabulary | **A** | **Complete the chart with the words and phrases from the box.**

| ☑ baked cod | ☐ cheese | ☐ flaky croissants | ☐ roasted potatoes |
| ☐ beef | ☐ chocolate mousse | ☐ fresh fruits | ☐ steamed broccoli |

High-fat food	Low-fat food
	baked cod

Inferencing | **B** | **Where does each speaker probably come from? Use the places from the box.**

| ☑ France | ☐ China | ☐ the Mediterranean | ☐ the United States |
| ☐ France | ☐ China | ☐ the Mediterranean | ☐ the United States |

1. I have a very large meal at lunch, and I eat slowly. *France*

2. We like soybeans. We don't eat red meat very often. _____

3. My favorite meal is baked fish with steamed
   vegetables and roasted potatoes. _____

4. I eat a lot of snacks – sometimes three in one day. _____

5. I cook everything in olive oil. _____

6. I can make a delicious pork-flavored rice dish. _____

7. I'd like frogs' legs and chocolate mousse, please. _____

8. My husband's favorite food is steak. _____

Details | **C** | **Mark each sentence true (*T*) or false (*F*).**

_*T*_ 1. People in the Middle East have little heart disease.

____ 2. The original Mediterranean diet is from ancient Greece.

____ 3. T. Colin Campbell is a professor of preventive medicine.

____ 4. Meat is the main feature of a Chinese diet.

____ 5. Ninety-two percent of French people are not obese.

____ 6. In France, dinner is the biggest meal of the day.

CHALLENGE | **D** | **Correct the false sentences in Exercise C.**

Drink, blink, and rest

Details

A **Circle the correct answers.**

1. Years of ~~reading and writing~~ / **heating and air conditioning** / **wearing glasses** have harmed many children's eyesight.

2. The article focuses on the **causes** / **costs** / **effects** of eye problems.

3. Scientists now believe that **genes** / **illness** / **the environment** can sometimes cause near- and far-sightedness.

4. Blinking **helps** / **harms** / **does nothing for** your eyes.

5. A doctor who prescribes glasses is an **allergist** / **optometrist** / **ophthalmologist**.

Cause and effect

B **Check (✓) the diagram that best shows the causes and effects.**
(Note: → = causes)

1. Paragraphs 2–3
   _____ a. UV rays → ozone layer thins → cataracts → clouded vision
   __✓__ b. ozone layer thins → UV rays → clouded vision → cataracts

2. Paragraph 7
   _____ a. eye works harder → eye works in electro-magnetic field
   _____ b. eye works in electro-magnetic field → eye works harder

3. Paragraph 7
   _____ a. electro-magnetic field + infra-red → night vision problem
   _____ b. electro-magnetic field → infra-red → night vision problem

4. Paragraph 9
   _____ a. allergies → eyestrain
   _____ b. dryness → eyestrain

Details

C **Complete the diagrams with the words and phrases from the box.**

cataracts	exposure to UV	fatigue	watching TV
~~driving at night~~	eyes must work harder	sunlight	working on a computer
eyes become dry	eyestrain		

driving at night

THINGS THAT HURT EYES

EFFECTS ON EYES

DAMAGE TO EYES
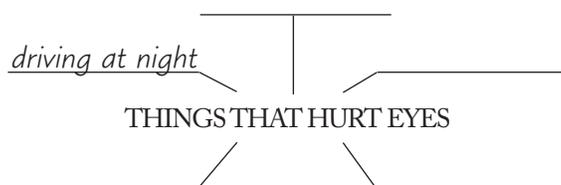
Azeri hills hold secret of long life

Details | **A** Circle the correct answers.

1. Where are the Azeri hills?
   a. Iran
   b. Azerbaijan ⟵circled

2. Who just turned 70?
   a. a man
   b. a woman

3. What is Tatoni?
   a. a food
   b. a place

4. What is Chingiz Gassamov's nationality?
   a. Russian
   b. Azeri

5. Who went to the Caucasus 200 years ago?
   a. Russians
   b. Azeris

6. What is saffron?
   a. an animal
   b. a plant

Fact or opinion | **B** Check (✓) the correct column.

		Fact	Opinion
1.	Staying active can help some people live longer.	✓	
2.	Allahverdi Ibadov doesn't like to look at the mountains where he lives.		
3.	Some people have a genetic predisposition for living a long time.		
4.	If you eat saffron, you will live a longer life.		
5.	It is not necessary to see a doctor when you don't feel well.		
6.	Russians who went to the Azeri Mountains lived longer than their relatives who stayed in Russia.		

Vocabulary | **C** Use the clues to unscramble the words.

1. *i g o r n e* _____region_____ = geographic area (par. 3)

2. *g e v l a l i* _____ = small town (par. 6)

3. *e d y k n i* _____ = part of the body (par. 7)

4. *e d y a m c a* _____ = school (par. 8)

5. *c a r n e s o t s* _____ = family from long ago (par. 9)

6. *h g r u g s d e* _____ = moved up shoulders (par. 11)