

Is It Good For You?

Check that you understand these words and phrases. If necessary, use a dictionary for any that you are unsure about.

Digestion / Resistance to Disease / High Blood Pressure / Healthy Teeth / Nervous and Irritable / Eyesight / Cancer / Live Longer

Now try to insert them into these sentences.

1. Too much salt gives you _____ .
2. Eating carrots is good for your _____ .
3. A glass of red wine every day can help you to _____ .
4. Eating a lot of fruit and vegetables gives you _____ .
5. If you drink a lot of milk you will have _____ .
6. Eating late at night is bad for your _____ .
7. Drinking too much coffee makes people _____ .
8. Food additives increase the risk of _____ .

Discuss these sentences. Do you think they are true?

Make similar sentences about the following things.
Then discuss your ideas.

Low Fat Milk
Sugar-free Soft Drinks
Red Meat
Locally Caught Seafood
High-Fiber Breakfast Cereals
Chewing Gum

Body-building Diet Supplements
Low-Fat Spreads
A vegetarian Diet
Organically Grown Vegetables
Genetically Modified Food
Full Fat Milk