

Unit 4 – Food & Health

B1 Oral Exam Task

Situation:

You are giving simple health advice about food to an adult group.

You have read the text above.

Part 1 – List

List three things from the text that can help people stay healthy.

Part 2 – Explain

Explain why diet advice online can be confusing.

Part 3 – Compare

Compare a “quick diet” and a long-term healthy eating plan. Give one difference and say which one is better, in your opinion, and why.

Read text before you prepare your answer:

“Food can affect our health and how much energy we have every day. Many health experts say it is good to eat a varied diet with fresh, simple foods. This includes vegetables, fruit, whole grains, and protein foods like eggs, fish, beans, or meat. These foods often give the body important vitamins and minerals.

In contrast, many people eat a lot of processed or “ready-made” foods. These foods can be high in sugar, salt, and unhealthy fats. If people eat these foods too often, they may gain weight and have health problems in the future.

Healthy eating is not only about the food itself. Our daily habits also matter. Regular meals, drinking enough water, and sleeping well can help people make better food choices. Stress and a busy schedule can make people choose fast food or snacks because it is quick and easy.

Online, there is also a lot of advice about diets. Some information is helpful, but some is confusing or not true. Different diets can work differently for different people, so it is important to be careful and choose realistic habits that you can keep for a long time.”