

## Food & Health (1)

### SITUATION

You are taking part in a health awareness event organised by a local community centre. You have been asked to give a short presentation about healthy eating habits.

### MONOLOGUE

Give a short presentation on **Healthy Eating and Modern Diets**.

1. Explain what a balanced diet is and describe the main food groups mentioned in Text 1.
2. Discuss why many people today find it difficult to maintain healthy eating habits.

### DIALOGUE

1. Do you think modern lifestyles make healthy eating more difficult? Explain your opinion.
2. Discuss what individuals and governments can do to encourage healthier diets.

### Text 1

“A balanced diet is essential for maintaining good health. Nutrition experts recommend eating a variety of foods that provide important nutrients such as carbohydrates, proteins, fats, vitamins, and minerals. Fruits, vegetables, whole grains, and lean proteins are often considered the foundation of a healthy diet. However, many people today consume large amounts of processed foods that contain high levels of sugar, salt, and unhealthy fats. Busy lifestyles and convenience foods have changed eating habits in many societies. As a result, health organisations increasingly promote nutritional education and encourage people to make more conscious food choices.”

### Exam tips:

- Read the text and underline or **highlight** the important words you need to use in your presentation
- Spend 1-2 minutes thinking about the answers, creating full sentences in your mind
- Choose key words which help you remember what you want to say
- Write down notes with your keywords, not full sentences

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## Food & Health (2)

### SITUATION

You are speaking at a school discussion about **fast food culture**.

### MONOLOGUE

Give a short presentation on **Fast Food and Modern Lifestyles**.

1. Explain why fast food has become so popular according to Text 1.
2. Compare fast food with home-cooked meals in terms of health and lifestyle.

### DIALOGUE

1. Do you think fast food is always unhealthy?
2. Discuss whether fast food companies should change their products to improve public health.

### Text 1

“Fast food restaurants have become common in many cities around the world. These restaurants offer quick and affordable meals that are often convenient for people with busy schedules. Fast food menus usually include items such as burgers, fried foods, and sugary drinks. While these meals are often inexpensive and easy to access, nutrition experts warn that they may contain high levels of calories, saturated fats, and salt. Eating fast food occasionally may not cause problems, but frequent consumption can contribute to health issues such as obesity or heart disease.”

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## Food & Health (3)

### SITUATION

You are giving a presentation at a public health event about **food as medicine**.

### MONOLOGUE

Give a short presentation on **The Relationship Between Food and Health**.

1. Explain how certain foods can influence health according to Text 1.
2. Describe examples of foods that support health and wellbeing.

### DIALOGUE

1. Do you believe food can help prevent diseases?
2. Discuss whether people should rely more on diet instead of medication.

### Text 1

“Many health experts believe that nutrition plays a central role in preventing illness. A diet rich in fruits, vegetables, whole grains, and healthy fats may reduce the risk of many diseases. For example, foods that contain vitamins, antioxidants, and fibre can support the immune system and improve digestive health. On the other hand, diets high in processed foods and sugar may increase the risk of conditions such as diabetes or cardiovascular disease. While diet alone cannot replace medical treatment, many experts agree that healthy eating is one of the most effective ways to support long-term wellbeing.”

### Exam tips:

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## Food & Health (4)

### SITUATION

You are participating in a debate about **sugar consumption**.

### MONOLOGUE

Give a short presentation on **Sugar and Public Health**.

1. Explain the health concerns related to high sugar consumption mentioned in Text 1.
2. Describe possible solutions governments are considering to reduce sugar intake.

### DIALOGUE

1. Do you support the idea of a sugar tax on soft drinks?
2. Discuss whether individuals or governments are responsible for healthy eating habits.

### Text 1

“Sugar consumption has increased significantly in many countries during the past decades. Soft drinks, sweets, and processed foods often contain large amounts of added sugar. Health organisations warn that excessive sugar intake may contribute to obesity, diabetes, and other health problems. Some governments have introduced sugar taxes on certain products in order to encourage healthier consumer choices. Supporters believe these policies may reduce sugar consumption, while critics argue that education and personal responsibility are more effective solutions.”

### Exam tips:

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## Food & Health (5)

### SITUATION

You are giving a short talk at a fitness centre about **nutrition and sport**.

### MONOLOGUE

Give a short presentation on **Food and Physical Performance**.

1. Explain how nutrition influences physical performance according to Text 1.
2. Describe the types of food athletes often include in their diet.

### DIALOGUE

1. Do you think diet is as important as exercise for maintaining health?
2. Compare the eating habits of athletes with those of the average person.

### Text 1

“Nutrition plays an important role in physical performance and recovery. Athletes often follow carefully planned diets to ensure they receive enough energy and nutrients. Carbohydrates provide energy for physical activity, while proteins help repair and build muscles after exercise. Vitamins and minerals support overall health and help the body function efficiently. Hydration is also essential because water regulates body temperature and supports many biological processes. While professional athletes require specialised diets, many of these nutritional principles can also benefit people who exercise regularly.”

### Exam tips:

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## Food & Health (6)

### SITUATION

You are participating in a discussion about **processed food**.

### MONOLOGUE

Give a short presentation on **Processed Food and Modern Diets**.

1. Explain what processed food is and why it is common in modern diets.
2. Discuss the advantages and disadvantages of processed food.

### DIALOGUE

1. Do you think processed foods are always unhealthy?
2. Discuss whether food companies should reduce sugar, salt, and fat in their products.

### Text 1

“Processed foods are products that have been modified during industrial production. Examples include packaged snacks, ready meals, and sugary drinks. These foods are often designed to be convenient, affordable, and long-lasting. While processing can improve food safety and accessibility, many processed foods contain high levels of additives, sugar, salt, and unhealthy fats. Nutrition experts often recommend limiting processed food consumption and choosing fresh ingredients whenever possible. However, processed foods remain popular because they save time and require little preparation.”

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## Food & Health (7)

### SITUATION

You are speaking at a community meeting about **food choices and lifestyle**.

### MONOLOGUE

Give a short presentation on **Food Choices in Modern Society**.

1. Explain how lifestyle influences eating habits according to Text 1.
2. Describe how advertising and convenience affect food choices.

### DIALOGUE

1. Do you think advertising influences what people eat?
2. Discuss how people can make more responsible food choices.

### Text 1

“Food choices are influenced by many factors including culture, income, lifestyle, and advertising. In modern societies, busy schedules often encourage people to choose convenient meals instead of cooking at home. Food marketing also plays a powerful role in shaping consumer behaviour. Attractive advertisements and promotions can make certain products appear more appealing than they actually are. Health experts therefore encourage consumers to become more aware of nutritional information and to make informed decisions about the food they eat.”

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## Food & Health (8)

### SITUATION

You are giving a short presentation about **food and public health policies**.

### MONOLOGUE

Give a short presentation on **Government Policies and Nutrition**.

1. Explain why governments sometimes regulate food products.
2. Describe examples of policies that promote healthier diets.

### DIALOGUE

1. Do you think governments should regulate unhealthy food products?
2. Compare public education campaigns with food taxes as health policies.

### Text 1

“Governments often introduce policies to improve public health. These policies may include nutritional education programmes, food labelling regulations, or taxes on certain unhealthy products. Clear food labels help consumers understand the nutritional content of products and make better decisions. Some countries have introduced taxes on sugary drinks or restrictions on advertising unhealthy food to children. Supporters argue that these policies encourage healthier lifestyles, while critics believe individuals should remain free to make their own dietary choices.”

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## Food & Health (9)

### SITUATION

You are presenting at a health seminar about **global food trends**.

### MONOLOGUE

Give a short presentation on **Changing Eating Habits**.

1. Explain how eating habits have changed in recent decades.
2. Describe the possible health consequences of these changes.

### DIALOGUE

1. Do you think modern diets are healthier or less healthy than in the past?
2. Discuss whether traditional diets may offer advantages.

### Text 1

“Eating habits have changed significantly in many countries over the last fifty years. Globalisation has introduced new foods and international restaurant chains to cities around the world. While this diversity offers more choice, it has also increased the availability of highly processed foods. At the same time, traditional diets based on fresh ingredients have declined in some regions. Health experts argue that returning to simpler diets rich in vegetables, grains, and natural foods may improve public health outcomes.”

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## Food & Health (10)

### SITUATION

You are participating in a public debate about **the future of food and health**.

### MONOLOGUE

Give a short presentation on **Future Food Trends and Health**.

1. Describe new trends in nutrition mentioned in Text 1.
2. Discuss how future diets may influence public health.

### DIALOGUE

1. Do you think people will eat more sustainably in the future?
2. Compare traditional diets with modern food innovations.

### Text 1

“The future of food may change significantly as societies become more aware of health and environmental issues. New trends include plant-based diets, organic farming, and sustainable food production. Many consumers are increasingly interested in foods that support both personal health and environmental sustainability. Technology may also influence future diets through innovations such as alternative proteins or improved agricultural methods. Experts believe that balancing nutrition, sustainability, and food accessibility will become one of the major challenges for future societies.”

### Exam tips:

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